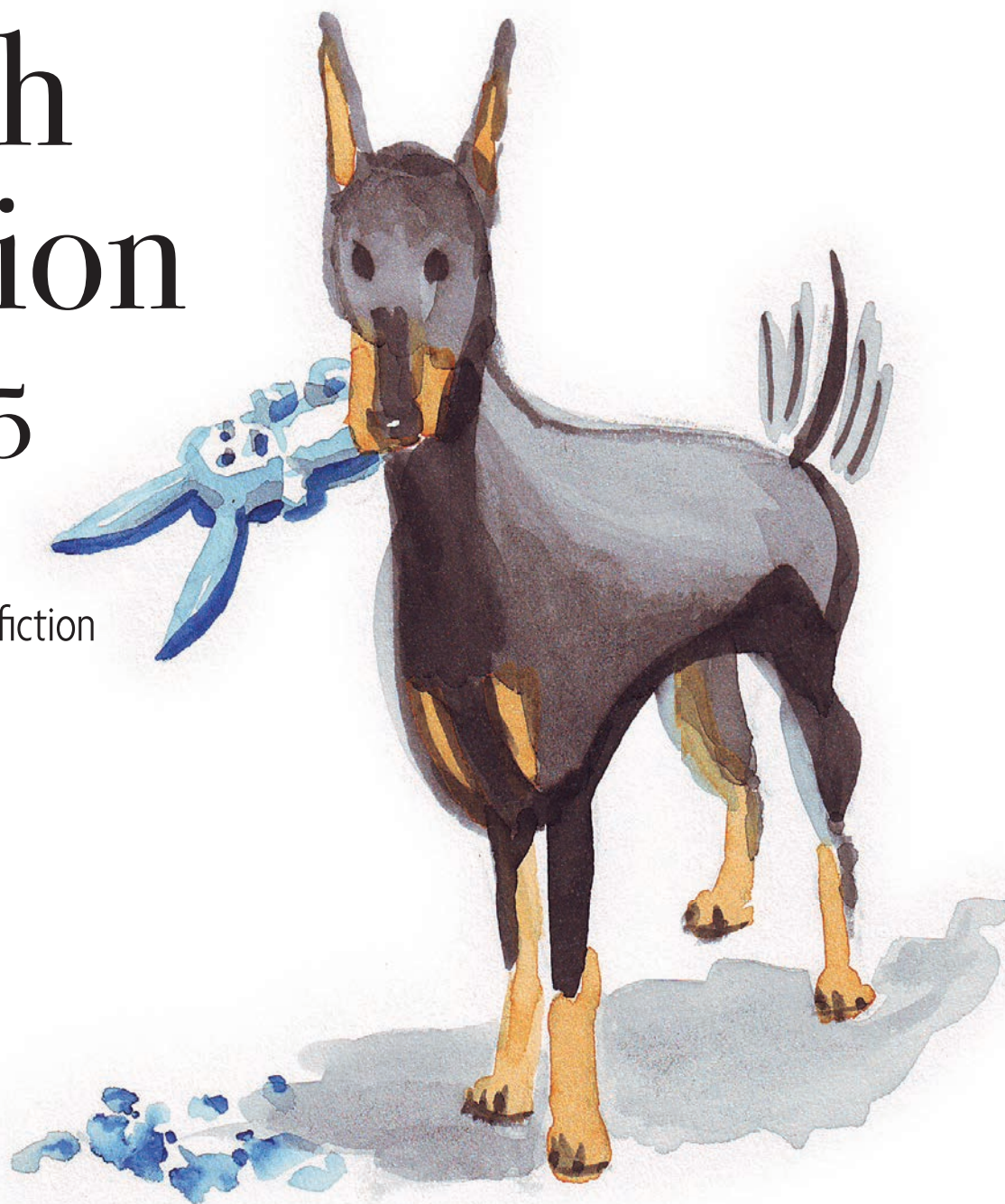


Flash Fiction

2015

Fun-sized fiction



10 Masala on the lam

30 Mulch ado ...

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Illustration by Joel Mielke.

On the Cover

Illustration by Joel Mielke.

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of People, Politics and Art

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Snotty Portrait
of the Artist

Editor:

I was delighted to see the NCJ's cover showing local artist Curtis Otto ("Curtis Otto Was a Painter," Nov. 12). "A feature story! A tribute!" I thought.

How mistaken I was! The very non-representative selection of paintings, including a messy storage room and a crusty pallet, and the treatise on Mr. Otto's housekeeping skills were unnecessarily mean and snotty.

Either Jennifer Fumiko Cahill did not do her homework or she was not allowed sufficient time to do any. If she had looked at the paintings at the Morris Graves Museum from the 1960s that were exhibited a year or two ago and the retrospective at the now-closed Sewell Gallery about a year ago and every Arts Alive at the C Street Hall Gallery and in many private collections in Humboldt today, she would have written a feature story, a eulogy and tribute instead of a small-town gossip rant.

Mr. Otto was 92 when he passed away two weeks ago. He was still painting and thinking of new subjects several months ago. He was a tremendous force and great contributor to the Eureka art scene and its notable rise. He was an example and mentor to many artists in Eureka. Eureka is proud to have had him represent our beautiful natural environment, our Victorians, our women as well as ships, bridges and skyscrapers in his amazing collection of masterpieces.

Xandra Manns, Eureka

Off to the
Ordinance Wars

Editor:

Many thanks to Grant Scott-Goforth for excellent and ongoing coverage of the Ordinance Wars ("Speedin' for Weed," Nov. 19). I don't know whether to laugh or

Continued on next page »



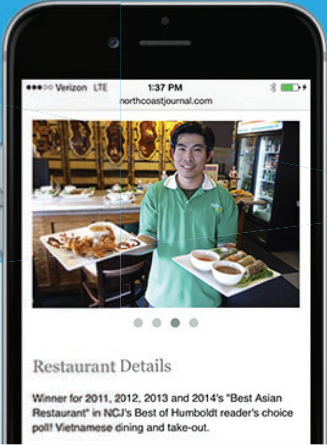
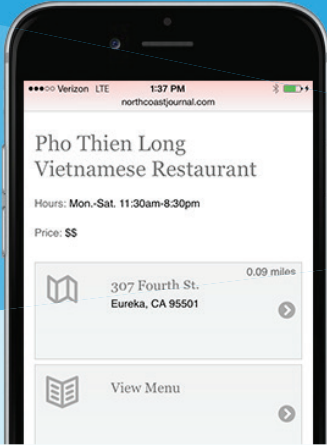
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Mailbox

Continued from previous page

cry as I read about the endless bickering over square footage and permits. It seems to me the keyword in the state marijuana bills is “medical.” It’s hard to believe that all these HumCo growers want to sell their crops to dispensaries or comply with “215” regulations.

Kudos to EPIC, HumCPR and Humboldt Baykeeper for their positions on water issues and limiting the number of permits issued.

The fabled Green Rush has caused as much (if not more) environmental havoc as the much-maligned timber industry. While careless logging practices led to blocked or silted creeks, greedy growers have all but dried them up completely.

Loggers left piles of slash, but they did not leave piles of garbage nor scatterings of poisons. As for fire danger — those immense plastic hoops are bound to produce some deadly fumes if they catch fire.

Considering the craziness already brought about by the Green Rush, we should ask ourselves: Do we really want more of the same, in even greater quantity?

To preserve and protect what’s left of our unique rural habitat, we should get out of the way and allow county admin-

istrators to apply sensible (if stringent) criteria for cannabis cultivation. Growers’ groups and the board of supes need to realize that you can’t please all of the people all of the time. Stop the squabbling and sniping, and git ‘er done.

Should our Humboldt ordinance prove too strict for folks who are here to get rich and wreck the land, other counties under only state mandate may suit them better.

Betty Crowder, Honeydew

Looking Ahead

Editor:

I am very grateful to the citizens of the Fifth Division for re-electing me to the Humboldt Bay Harbor, Recreation and Conservation District Commission, and to my supporters who made my re-election possible (“From NCJ Daily,” Nov. 12). My campaign team takes pride in having stayed positive while sharing our vision for the future of the bay and the community. We were outspent by a considerable margin, but we prevailed because our message resonated with the voters.

I learned a lot about the wants and needs of the people of my community and I intend to redouble my efforts to imple-

ment their ideas for improving our prosperity and community health. I will work hard with my fellow commissioners to provide whatever support we can to create trails along the shores of Humboldt Bay that also link to surrounding communities.

I look forward to helping create good paying jobs over the next four years at Redwood Terminal 2. I will continue to support Harbor District efforts to expand aquaculture and to help plan adaptation to climate change and sea level rise. The community recognizes and appreciates efforts to conserve fish populations, but also to maintain fishing access that is so important to our quality of life. I will continue to work toward building North Coast co-management capacity so we can achieve these ends.

We will continue to improve infrastruc-

Chinook Rain

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Sam A. Flanagan

ture that supports our commercial fishing fleet and make sure they always have a home at Woodley Island. However, commercial fishing support is not the sole use of the island, and I look forward to an oyster bar and BBQ area for the public, which are appropriate land uses.

I will continue to be open to ideas from all within our community and people should feel free to contact me any time at 223-7200.

Pat Higgins, McKinleyville

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'One Big Headache'

Eureka City Schools takes divergent paths on proposed lease-leaseback projects

By Thadeus Greenson
thad@northcoastjournal.com

Eureka City Schools is backing away from at least one of its controversial no-bid construction contracts. Back in September, the district decided to forgo the no-bid construction contract it had promised DCI Builders to renovate the Alice Birney Elementary School site, opting to put the process out to bid instead. But less than a month later, the district opted to stay the course at Lincoln Elementary School, keeping Dinsmore Construction under a no-bid contract to complete the third phase of the modernization and renovation project.

District officials were unavailable to explain the decisions before the *Journal's* deadline. Superintendent Fred Van Vleck asked the *Journal* to submit questions via email last week, then responded to say he was out of town and wouldn't be able to answer the questions until after the district's Thanksgiving break. No-bid school construction projects in Eureka and throughout the state were thrust into the spotlight in June, when an appellate court found reason to believe the Fresno Unified School District may have violated state law in a \$36.7 million project to build a new middle school.

Specifically, the court found that Fresno Unified may have illegally skirted the competitive bid process by abusing a decades-old law that aimed to make it easier for cash-strapped school districts to build new facilities. In 1957, the California Legislature recognized that school districts had few funding options at their disposal. State law prohibited them — in addition to counties and cities — from carrying any debt that exceeded the amount of a single year's revenue, meaning districts couldn't get private loans to build new facilities, unless they first got the approval of 66 percent of district voters. Looking to help districts in areas where voters weren't keen on passing bonds or allowing them to carry large debts, the Legislature came up with what's now known as the lease-leaseback arrangement. Outlined in the state education code, the lease-leaseback arrangement allows a district to lease its property to a contractor for a nominal fee — usually

\$1 a year. The contractor then finances and builds whatever the district desires, which it then leases back to the district for a monthly fee that covers the cost of financing and construction. This allows districts to spread the costs of new building or renovation over decades and, once the final bill is paid off and the term of the lease is up, the property ownership reverts back to the district. The arrangement essentially allows districts to shift project financing debt to contractors and pay them back over time. But in creating this new funding avenue, the Legislature also realized that subjecting it to competitive bidding would be too cumbersome for districts, leaving them to consider too many variables — interest rates, lease lengths, construction costs — for a low-bid-take-all process to account for. Consequently, the Legislature exempted lease-leasebacks from compet-

Continued on next page »

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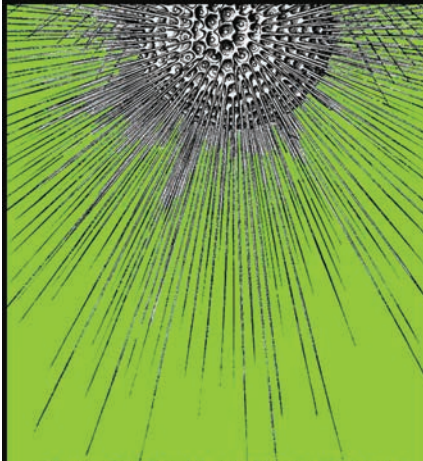
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News

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Measure S funded construction work at the Lincoln campus, where district officials have decided to move forward with a controversial form of no-bid construction contract.

File photo

itive bidding requirements.

Lease-leaseback arrangements remained a little-used provision of state law until the mid 2000s, when school districts in Southern California began seeing the practice as a way to skirt competitive bidding, allowing them to hand-pick the contractors they want to work with, disguising traditional building contracts as lease-leasebacks. Over the last decade, the practice has exploded throughout the state.

Districts, contractors and other proponents argue lease-leaseback is a valuable tool for districts and say low-bidder projects are cumbersome, cost ineffective and often fraught with problems. But tax payers' leagues and others argue that anything that gives district officials complete discretion over how they award millions of dollars in contracts opens the door to fraud, corruption and favoritism.

Last November, Measure S — a \$50 million bond for Eureka City Schools — passed by 41 votes, after what many believe was the most expensive bond campaign in Humboldt County history. School officials maintain the bond was desperately needed, pointing to a host of upgrades needed at all of the district's eight campuses.

Immediately after the vote, Eureka City Schools got moving on two projects long in the pipeline — the renovation and modernization of Lincoln and Alice Birney.

For the Alice Birney project — which is slated to include the installation of three portable classrooms, restroom and classroom modernizations and the installation of a new pickup/drop-off area — Dennis DelBiaggio's DCI Builders was tapped as the general contractor. For Lincoln — a campus-wide modernization project — Fortuna's Dinsmore Construction, which had consulted on the plans and already completed the first phase of the project, was chosen. Both contractors donated \$5,000 to the Measure S campaign. A *Journal* analysis of campaign finance disclosure forms (See "The \$50 Million Henhouse," Aug. 27) revealed that the campaign raised \$65,000 from a dozen

entities in the construction, architecture or finance business. Of those 12 donors, seven were contracted to perform Measure-S-funded work and another three have been pre-qualified by the district for future projects.

But the legal landscape shifted under Eureka City Schools' feet in June, when the appellate court in the Fresno case ruled that plaintiff Stephen Davis presented good reason to believe Fresno Unified's \$36.7 million lease-leaseback contract may be illegal. The court ruled that lease-leaseback arrangements, to be legally valid, must keep with the Legislature's original intent and include a genuine financing element. In other words, a district that has the money to fund a project can't simply write up the construction contracts as lease-leasebacks to avoid putting the project out to bid.

Van Vleck and Assistant Superintendent of Business Services Paul Ziegler were adamant that they believed their contracts were valid under the court's Fresno ruling. But Kevin Carlin, the attorney who represented Davis in the Fresno case, reviewed the Eureka City Schools' contracts with Dinsmore and labeled them a "sham" lease-leaseback.

According to minutes from the Eureka City Schools Board of Education's Sept. 10 meeting, Ziegler told the board the lease-leaseback process is legal, but there are "particular style points that need to be met" for contracts to withstand a challenge. Consequently, Ziegler said the district was going to pull the no-bid contract it had been negotiating with DCI Builders and put the Alice Birney project out to competitive bidding.

But just a few weeks later, staff recommended proceeding under the lease-leaseback contract for Dinsmore Construction to complete the third phase of modernization at Lincoln.

Because district officials did not respond to the *Journal's* questions, it's unclear why they chose the two different paths forward. For the Alice Birney project, the district also approved the \$462,000, no-bid purchase in April of a three-classroom modular building from American Modular Systems, which donated \$2,000 to the Measure S campaign. It's unclear how the district can approve a no-bid purchase of that size for a project that's no longer going through the lease-leaseback process. It's also unclear if the district still plans to use the lease-leaseback model for future work, including the anticipated renovation of the Eureka High School gymnasium.

In the meantime, Dinsmore Construction owner Dirk Dinsmore said he's just awaiting final plans to get started on the third and final phase of work at Lincoln, which will include work on the campus' kindergarten classrooms, bathrooms, multi-purpose room and kitchen facility. Asked why the district continued on with the lease-leaseback arrangements for this project while they put Alice Birney out to bid, Dinsmore said he thinks continuity was important. He said the last phase of work at Lincoln will have to connect with the fire system, plumbing and electrical work he did in earlier phases.

"If they don't have that continuity between phases, it's going to be one big headache," he said.



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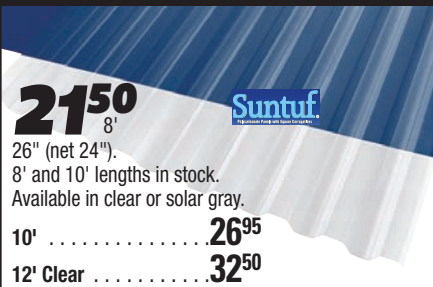
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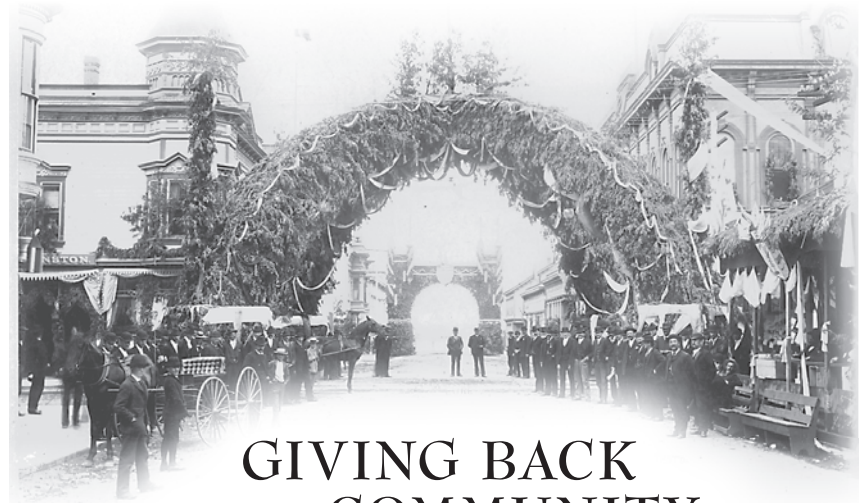


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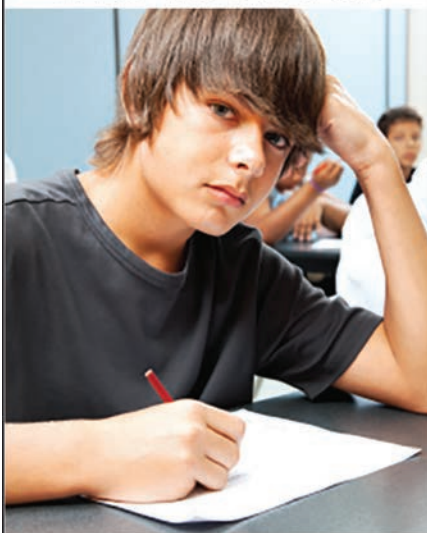


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News

#WeAreMasala

A little panda's big
adventure tugs a
community's heartstrings

By Thadeus Greenson

thad@northcoastjournal.com

About the time Loretta Hancock was heading out to grab something to eat on Nov. 21, a feeling of deep dread was settling firmly into the pit of Sequoia Park Zoo Manager Gretchen Ziegler's stomach. It was about 9:30 p.m., roughly 70 hours since Masala — the zoo's 16-month-old red panda — escaped her enclosure and disappeared, setting off a panda hunt that made international news. It had been nearly 48 hours since her last reported sighting, and the hope of getting her safely back into the confines of the zoo appeared all but lost.

"I just wasn't getting any calls," Ziegler said. "It was a series of sleepless nights and just kind of like a nightmare. It was probably the most stressful thing I've ever been through."

While losing any animal would be crushing to zoo staff and the community, this was worse. Masala and her twin sister Cini were born at the zoo in July of last year to parents Stella Luna and Sumo. The pups became the zoo's stars, its poster children, in part due to a community-wide vote to pick their names while they were still fuzzy, wee little things. Little red panda faces adorn zoo posters and banners, and the small, fluffy raccoon-like creatures have become one of the zoo's prime attractions. "Every animal in the zoo is deeply loved and cherished by the staff who take care of them every day," Ziegler said. "They're not pets, but the relationship they establish with staff is akin to that. We may not cuddle with them and things like that, but they become family members."

Within hours of Masala's escape — which was first reported at about 11:45 a.m. on Nov. 19 when two walkers spotted her at Fern and Vista streets and called the zoo — word of the wayward panda's walkabout spread like wildfire through town. By that night, national news outlets were reporting on Masala's daring escape and unknown



Masala was one of two red panda cubs born to Stella Luna and Sumo at the zoo in July of 2014. *Courtesy of the Sequoia Park Zoo.*

whereabouts.

Ziegler and zoo staff worked through the night and the next day "bushwhacking the gullies" of Sequoia Park and searching the neighborhoods surrounding the zoo. But Masala, a reclusive little climber measuring about 20 inches long and weighing just a few pounds, wasn't turning up. "When they decide to hide, you're just not going to find them," Ziegler said.

Reinforcements were needed, so on the night of Nov. 20, zoo staff put out a call for volunteers. The following morning, more than 70 community members of all stripes showed up at the zoo, where they were split into pairs and given maps of the sector they were to scour, complete with markings to show which houses were growing bamboo patches that might draw the little panda in for a snack. Some volunteers brought their kids. Another brought a search dog. One couple made the search their first date.

In droves, they set out from the zoo and methodically made their way through neighborhoods and green belts, combing through bamboo and handing out missing posters with the zoo's "find Masala hotline" number on them. But as the sun began to set that night, the search party had turned up no signs of Masala.

Zoo staff decided against asking volunteers to show up again the following day, asking folks instead just to keep their eyes open, their cell phones ready



Cini and sister Masala, meaning "sugar" and "spice," respectively, were named by a community vote.

Courtesy of the Sequoia Park Zoo.

and the hotline number close. "It became pretty obvious that [the search] was not going to be what was going to work because the area was just so big," Ziegler said. Instead, Ziegler said, staff kept looking on their own and simply prayed that someone would spot Masala out and about, crossing a road or in a yard somewhere.

As a 30-year-old single mother of two with two jobs, Hancock said she was largely oblivious to all the fuss over the missing Masala. In fact, she said it had



A Mercer Fraser Co. electronic sign on Campton Road announces Masala's safe return to the zoo. *Facebook.*

only really come onto her radar on Nov. 21, when an electric sign showed up on Campton Road near her house, urging drivers to slow down due to a "panda in the area." When Hancock again passed the sign that night while heading out to grab some dinner at Fresh Freeze, Hancock slowed down. When she approached the intersection of Hodgson and Q streets, she noticed "a little critter" on the side of the road and thought that it looked like a raccoon. "When I got a bit closer it looked at me and I thought, 'Oh wait. Oh my gosh. I've got to call someone,'" she recalled, adding that she pulled over and got out of the car. Then, she and Masala stood staring at each other as Hancock dialed 911. "They answered and said, '911. What's your emergency?' I said, 'I don't think it's an emergency, but I think I just saw the panda that everyone's looking for.'"

Ziegler said she'd just taken off her boots when she got the call from dispatch. "I only live five minutes away from there, so I probably got there in three," she said. Masala had scaled a fruit tree in someone's yard and Hancock was standing there keeping an eye on her. Ziegler said she shined her flashlight up on the tree and "there was her little panda face and I knew we were good," which caused her to "give Loretta the biggest hug she's probably ever gotten."

Ziegler said she then sat down at the base of the tree to block Masala's escape route and didn't move until about a dozen zoo staffers had arrived and set up a makeshift fence around the perimeter. It took a couple of hours and the help of a biscuit to lure Masala out of the tree and

into a travel crate.

Masala's now back at the zoo, where she is being kept in quarantine to make sure she didn't pick up any communicable diseases — like canine distemper — during her adventure. (Ziegler said early indications are she's in great health.) As to how Masala escaped, it remains a mystery. Ziegler and zoo staff have studied every inch of the red panda enclosure, and haven't found any weaknesses. "It's still unclear (how she got out), and it's kind of frustrating to have to continue to say that," Ziegler said. While they're fairly athletic, Ziegler said red pandas aren't really jumpers, positing that it would have taken a miraculous leap for Masala to have cleared her enclosure and noting that keepers found no signs of a landing on the other side. "It just makes me feel like that's not what happened ... but other than sprouting wings or getting help, we just don't know what happened."

In any event, Masala won't be rejoining her family back in the enclosure, Ziegler said, as the adolescent panda has long been scheduled for a move to a zoo in Tennessee. With a pre-transfer quarantine necessary anyway, Ziegler said Masala will now stay in her solo enclosure until the time comes to ship her via a United flight to her new home in the coming weeks.

While dreadful and nightmarish in many respects, Ziegler said the past week has left her with a warm feeling about the community she calls home. "It was all so positive," Ziegler said of the community response. "Just the support that was shown made us feel like people really do love this zoo, and they love that panda."

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Views

What Is Wrong With Our Community?

By Fhyre Phoenix

The events leading up to becoming homeless are always traumatic and often related to violence in one's childhood.

About 90 percent of homeless women and about 50 percent of homeless men have been rape or incest victims, often as children, and often repeatedly. This, and other instances childhood violence, result in early onset post-traumatic stress disorder, which interferes with our ability to concentrate in school, makes us fear going home and being at home as children, and makes us wonder why other adults are not stepping in to protect us, even after we have told teachers and others what is happening. This leads us to rebelliousness, isolation and desperation, all at the same time.

Many of us became homeless as teenagers, suddenly, traumatically (after getting beat up, raped, etc.), thrown out of our homes by our drunk or violent fathers, or step-fathers, when we are too young and with only the clothes on our backs — with no money, car, education or other resources, and cut off from our families.

With no housing, education, skills or work history, many of the homeless are unemployable on the first day of their homelessness and only became progressively less employable. Desperate to keep from starving, some turn to begging or shoplifting from grocery stores. When you have nothing at all, there aren't a lot of choices.

The state of being homeless means experiencing trauma 24/7. It is not post-traumatic but currently and constantly traumatizing to anyone who is homeless. Not being allowed to sleep anywhere, many are constantly "moved along" by the police, security guards, business owners and property owners. Many of the homeless are unable to eke out more than two or three hours of sleep per night. This chronic lack of sleep produces behaviors that, to the outside observer,

look like mental illness. But sleep deprivation is, according to international law, considered a form of torture.

Many homeless women have been raped and constantly in danger of being raped again. And again. (I have met a decades-long resident of Humboldt County, who traces the beginning of her home-

lessness back to the Flood of 1964. She has been raped five times so far. She is still homeless and, needless to say, deeply traumatized.)

Many homeless men and women, some still in their teens, are repeatedly robbed and sometimes beaten. All are

The desperate situation of the homeless is plain for all to see, yet very few do anything to help, as though people who are homeless are invisible.

starving for food in various degrees, every day. Very few have access to showers, fresh clothes, clean and dry bedding, medical care or a safe and legal place to be at any given point of the day or night. These conditions are traumatizing and they persist day after day, night after endless night.

Humboldt County residents who are homeless are treated as criminals just as they are denied internationally recognized, basic human rights, such as the rights to housing, adequate food and medical care, all while living in the richest country in the world.

The desperate situation of the homeless is plain for all to see, yet very few do anything to help, as though people who are homeless are invisible. To homeless people, this is bewildering, frustrating and, yes, sometimes people feel so angry about it that they scream or break a window just to stop feeling totally invisible

for a few minutes. This is not justified but it is understandable.

It is not that the general public doesn't have compassion — it does. If the 1,400 people who are homeless in Humboldt County today were homeless due to an earthquake or a flood, everyone would be rushing in to help. No one would question the fact that this person owns a dog, or that that person drinks beer, or that this person needs a shower. We would understand that all of the people would immediately need housing, food, showers, clothes, medical care, child care and help finding permanent housing, employment, training and social services. Each of our communities would be bending over backwards to provide these things, and we would continue providing these services until every last person was taken care of.

But this is not done for the people who are currently in trauma and living outdoors. Even though winter and the rains have already started. Even though the community centers, vets' halls and granges stand empty and heated most of the time.

The question is not "What is wrong with the homeless?" but rather, "What is wrong with our community?" ●

Fhyre Phoenix has a master's degree in human services administration and has been the executive director of three nonprofit organizations, two of which operated homeless shelters. Phoenix housed homeless individuals in the back of his pickup truck for 47 nights in Arcata last winter. He was first made homeless at the age of 17, and has since raised more than \$2 million to help others who became homeless.

Have something you want to get off your chest? Think you can help guide and inform public discourse? Then the North Coast Journal wants to hear from you. Contact the Journal at editor@northcoastjournal.com to pitch your column ideas.

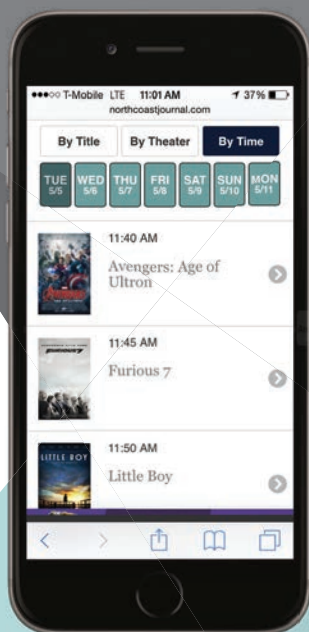
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Week in Weed

Humboldt's Specialty

Outdoor cultivation ordinance barrels along

By Grant Scott-Goforth
newsroom@northcoastjournal.com

The county hopes to enact a land use ordinance that will permit medical marijuana grows.
Courtesy Humboldt County Sheriff's Office.



Humboldt County's outdoor medical marijuana land use ordinance looks like it will meet its early December deadlines, though much remains to be done before it could hit the county books by the looming state-imposed deadline.

The Humboldt County Planning Commission finalized its directions to county staff on Nov. 20, following dozens of hours of public comment and discussion over several weeks of meetings.

Senior Planner Steve Lazar attributed the progress to the commission's "aggressive" hearing schedule, and sounded relatively confident over the phone on the Monday before Thanksgiving that a revised draft will be approved by the planning commission on or before its Dec. 3 meeting. That would give supervisors the opportunity to review the draft and, if miracles don't cease, pass the ordinance by March 1. According to the package of state laws passed earlier this year, the county will cede local control if regulations aren't passed by then.

Lazar said the planning commission made recommendations on a series of policy discussions that came up during the ordinance review.

Perhaps the most debate surrounded the county's permit tiering system, which will regulate what kinds of permits are necessary based on the size and operation of a grow and the parcel it sits on. The commission's most recent

suggestions permit three different types of grows: specialty outdoor, with strict agricultural practices, small outdoor, and outdoor.

Specialty outdoor operations with a canopy size of up to 5,000 square feet will be able to secure a zoning clearance on parcels larger than 5 acres, meaning that if the property is zoned properly no discretionary review will be necessary.

Outdoor grows with up to a 20,000-square-foot canopy size will also only require a zoning clearance, as long as the property is 320 acres or larger. A complicated array of canopy-to-parcel-size tiers fall in between.

According to Lazar, the planning commission decided against a cap on the number of cultivation permits distributed by the county, but suggested revisiting that every three months as farms come into compliance. The commission recommended a protocol to refer review of permits to tribal governments, to narrow the areas where indoor cultivation can take place, to add provisions regarding nurseries and on-site processing and to restrict the use of trucked water.

The commission also directed staff to develop performance standards for generator and supplemental lighting use. Lazar said planning staff will be working hard on those in the next week. The planning commission meets again Dec. 1.



Meanwhile, county supervisors are planning to discuss a pre-registration program for medical marijuana growers in early December, hoping to entice cultivators into a “good-standing” designation that could, potentially, give them a boost when the state starts issuing medical marijuana business licenses.

It’s all part of the county’s current green rush; a line in the new state law suggests that growers in compliance with local rules will be given priority status within the state permitting process.

It’s all very nebulous at the moment — the state permitting process is still being drafted and the county likely won’t have an outdoor cultivation land use ordinance in place until March. So how can growers possibly show that they’re in compliance with county ordinances that don’t even exist yet?

The details will likely come out at the board’s Dec. 8 meeting, but 2nd District Supervisor Estelle Fennell said the county should consider pre-registering with the intent of seeking a medical marijuana business license in the future, once the details of those are hammered out. That pre-registration, assuming the applicant followed through with compliance appropriately, would be enough for the county to report to the state that the applicant was compliant with local policies, thus qualifying the operator for state priority status.

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health in mind. Black market cultivators must harvest at all cost and at times are unfortunately driven to use toxic pesticides, fungicides, growth regulators, and fertilizers on their cannabis crop. These contaminated crops may not always be handled in the safest manner or processed in a clean facility. Patients may also purchase medicine that they may be unfamiliar with, but must, due to the limited options available to them. This makes repeatability of the patient experience difficult, and very frustrating to someone in pain.

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The Mizzou Myth

By Marcy Burstiner

When you can take your selfie stick and zip videos of your protest to Instagram, who needs news photographers? In a world of self-publication, we don't need press anymore. Do we?

That's the question I can't get out of my head after watching videos of protests over racial issues at the University of Missouri last month. Maybe it's because I work at a university and live in a university town.

After the president of Mizzou stepped down Nov. 9, the press swarmed onto the university campus to cover student protests. One of those journalists was a student taking photos for *ESPN*. A woman affiliated with the university and its journalism department ordered him to leave. She told him he should respect protesting students' right to be left alone. He replied that they had a First Amendment right to express themselves and he had the same right to document it.

The video of that confrontation went viral, at least among those of us in the journalism world, partly because it took place on the campus of one of the top four journalism schools in the country. But I couldn't help wondering what triggered the confrontation.

Generally, the challenge for any protest is to get press. Lots of press is often the mark of a successful protest. That's what I thought, anyway. Why would you not want press?

Censorship on college campuses is a problem. In April 2014, after a Fed Ex truck

tragically crashed into a bus carrying high school kids to Spring Preview at Humboldt State University, mid-level administrators at HSU tried to keep student journalists from interviewing prospective students on campus. University employees and student athletes at HSU are routinely told they need permission to talk to the press.

Top down censorship is nothing new. Bottom up censorship — that's different.

In the 1950s and early 1960s, civil rights leaders planned protests they knew would end up violent in order to get the attention of the national press. Martin Luther King knew that, without press coverage, governments and businesses wouldn't end Jim Crow laws and practices. Rosa Parks was strategically chosen as the person to refuse to leave her bus seat in Montgomery, Alabama, because she was seen as press-acceptable.

It has always been a struggle for popular movements to get press coverage. In the spring of 2004, then-San Francisco Mayor Gavin Newsom decided to issue marriage licenses to gay couples. About 4,000 couples lined up at city hall over the next month. Two friends who stood on that line told me about a reporter from a New York newspaper. He went down the line yelling this question: "Anyone from New York?" It wasn't enough that thousands of gay people would get married for the first time in this country. He needed a local angle to get the story on the front page of his paper.

The coverage San Francisco got that month helped generate national momen-

tum over the next decade that led to the U.S. Supreme Court declaring the ban on same-sex marriage unconstitutional.

So why would someone at Missouri turn away a photojournalist from arguably the most popular news network in the world? In Missouri you might dislike the *New York Times*, but who dislikes *ESPN*?

There is a dangerous myth out there. Because some photos and videos go viral — reaching millions of viewers — we think that any one photo or video can. People think they have the power to generate their own publicity. But take a look at the videos that go viral — *CNN* has a page just for that. Few are newsy. Most are the equivalent of the skateboarding dog.

It's like the great Lotto myth: Because someone always wins the Lotto, you could. But the reality is that almost any other event in life is more likely to happen than you winning the Lotto.

The protests at the University of Missouri got little attention at first. Because the university was ignoring cries from students to address severe racial problems, student Jonathan Butler started a hunger strike on Nov. 2. But it took the local paper, the *St. Louis Post-Dispatch*, four days to notice. The national press wouldn't turn its eye until Nov. 8, when 30 players on the university's football team announced they would boycott practices and games. That's why *ESPN* wanted photos of the protest. Selfies and Twitter and Facebook posts didn't get Butler the attention he needed.

Maybe the myth of virality has created

two dangerous trends. The first is the idea that you don't need the press to tell the world your story. The other is the belief of many in the press that a story isn't worth doing unless it has the potential to go viral; that protests by students of color at a major university and a hunger strike by one no-name guy aren't big enough stories to be worth the time, effort and web space to report.

I think there is a reason that our Founding Fathers stuffed so many rights into the First Amendment. They could have given speech, press, religion, petition and assembly their own amendments. I think they realized that the right to petition and assemble to protest government action or inaction has little value if people don't hear about the protests or petitions. There is a reason that dictators try to control or silence the press when they first seize power. Protests can be tolerated if few hear of them.

Videos posted to the Internet can force change when they get the attention of the national and world press. When the First Amendment rights of free press and free assembly coincide, things start to happen. But when people demanding change push away press, they just feed those in power. You can talk truth to power all you want. But if what you say doesn't end up in the news, you might as well be talking to yourself. ●

Marcy Burstiner is chair of the Department of Journalism and Mass Communication at Humboldt State.

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County Health's New Director

The Humboldt County Board of Supervisors announced that it's made a hire to head the county's largest department, the much-beleaguered Department of Health and Human Services.

Kristin Brinks, the deputy director of Community Services for the El Dorado County Health and Human Services Agency, will take the reins from Phillip Crandall in January. Crandall announced his retirement nine months ago, after a 30-year career with the county.

Brinks inherits an unwieldy task. The DHHS has been struggling with staffing issues in its mental health department for several years, with workers and clinicians resigning in droves as a response to reportedly inadequate staffing and dangerous working conditions. In March, the Board of Supervisors voted to turn mental health staffing over to an independent third party agency, Traditions Behavioral Health, bypassing previous ineffective efforts of the county to recruit and retain doctors.

In an email, Brinks declined to comment on this issue, saying that for the time being she is "focusing on the programs and services I administer with my team in El Dorado."

Those programs and services include working with In-Home Supportive Services and as a homeless liaison.

Mike Sproull, director of the Food Bank of El Dorado County, says he and others mourn the loss of Brinks, who has been effective at breaking up what he calls "good ol' boy

politics" in the region.

"Kristin is great. She's one of the best people I've seen," he said. "When she came here things changed. She's the best thing that happened to El Dorado in years."

Sproull credits Brinks with fixing the hiring process for the county's supplemental nutrition program (the previous director had been hired without a request for proposal), creating a community nutrition group and including the voices of community partners. Sproull says he's "sad" to see her leave after two years. "I thought she was our champion. If your county is looking for change, Kristin is your girl."

Brinks said in a phone call that she is "excited for the opportunity, excited to help serve the community and all that comes up with it." She said she visited the region prior to her interview and calls it a "very warm community." Humboldt County appears to have more resources and community organizations on hand with which to network than her previous region, and Brinks said she is looking forward to making those connections.

"There was a large-scale organizational assessment that was extremely helpful," she said. "The first thing is getting to know all of the partners I'm going to be working with."

Brinks' beginning salary will be \$163,000. Crandall made \$188,763 in wages and another almost \$50,000 in benefits in 2013, the last year for which data is available.

— Linda Stansberry

POSTED 11.22.15. READ THE FULL STORY ONLINE.

Setting Records



Sophomore tailback Ja'Quan Gardner ran for 246 yards in HSU's 45-31 defeat of Augustana University, the Jacks' first postseason appearance since 1968. The team will play Northwestern Missouri State in Maryland, Missouri on Nov. 28. POSTED 11.21.15

— Grant Scott-Goforth

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Firefighter Hurt in Hash Blast: A firefighter and two residents were injured after an alleged home hash lab exploded on Nov. 19. Three people were rescued from a home on the 1200 block of Freshwater Road. They declined to talk to investigators. A firefighter sustained minor injuries in a fall. POSTED 11.20.15

Crash Deaths Continue: Three more vehicle fatalities have brought the year's death toll on Humboldt County roadways to 28. Cassandra Rogers, 43, was struck while crossing U.S. Highway 101 near Giuntoli Lane. Stockton truck driver Yang Nhya died after his commercial vehicle left Highway 101 near Fortuna on Nov. 17. And an unidentified Spanish man died in a crash near Richardson Grove on Nov. 14. POSTED 11.23.15

Two Sentenced for SoHum Slaying: Ryan Carroll will serve 15 years and Robert Lee will serve seven years for their roles in the 2008 robbery and murder of San Francisco man Reetpaul Singh Rana. Prosecutors believe another person was involved in the Dyerville Loop Road killing, but it's unclear if the unidentified suspect will be prosecuted. POSTED 11.19.15

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Digitally Speaking

12

The number drowning deaths in Humboldt County so far this year, twice the yearly average and the most in seven years. Aaron Coffelt, of Rio Dell, was the most recent victim, on Dec. 12. POSTED 11.18.15

Comment of the Week

"You go girl, freedom's just another word for nothing left to loose."

— Nandor Vadas, commenting on Masala the red panda's weekend zoo escape. POSTED 11.19.15

They Said It

"It has no place in our waters or on America's dinner plates."

— Congressman Jared Huffman, sharing concerns over genetically engineered salmon recently approved by the FDA. POSTED 11.20.15

Flash Fiction 2015

Fun-sized fiction

Really, in the age of 140-character tweets and 30-second elevator pitches, 99 words are plenty. (Nice try with those 100-word entries, by the way — oh, we see you.) In that space, the economical writer can do quite a bit: start an affair, skim rock bottom, destroy a planet, reveal a murder, construct a conspiracy theory, do a little smuggling or ponder the inner life of a unicorn. Not making up that last one, either.

Our judges this year include returning veterans David Holper, English professor at College of the Redwoods, Jay Aubrey-Herzog, bookseller at Northtown Books, as well as newbie JoAnn Bauer, retired children's librarian. Here are their favorites and ours.

—Jennifer Fumiko Cahill

Illustrations by Joel Mielke



OVERALL WINNER, CHOSEN BY NCJ

Birding

By Lauri Rose,
Bridgeville

A marsh is a hideaway kind of place, the kind of place you might take someone else's girlfriend for a secret kiss. Samuel didn't come for that. Samuel came to add another bird to his life list. But, sometimes a morning on the marsh can shift like mud beneath your feet and a man with binoculars might see more than he wants to see. A marsh is a hideaway kind of place, the kind of place you can toss a gun away and it will never be found.

Our fondness for the marsh aside, this one was up to something from the first sentence, then, like that shifting mud, things took a turn. Instead of a trick ending we're left with a little danger. All that with 11 words to spare. This was one of JoAnn Bauer's picks, too. She remarked, "This seemed to me like the beginning paragraph of a great detective story and I would definitely want to read it. It really stimulated my curiosity and imagination about what would happen next."

NCJ PICK, JUDGE'S PICK
DAVID HOLPER

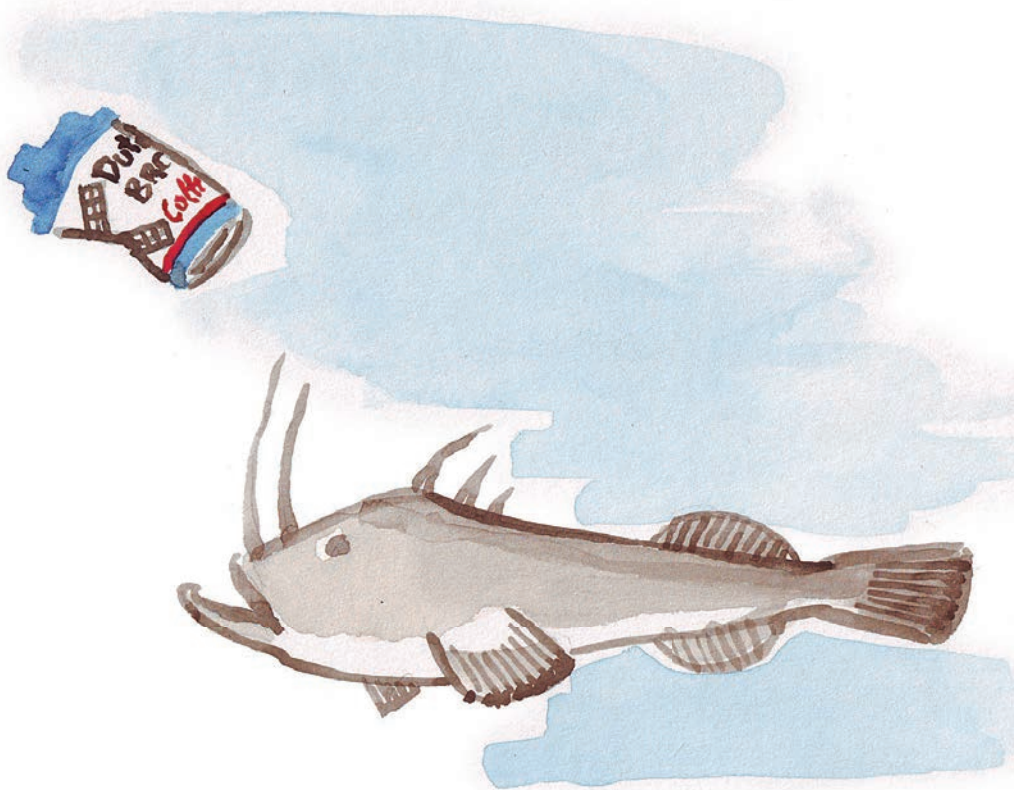
Source Materials

By Tiana Cutright,
Happy Camp

She remembers her seat in the canopied bed of her favorite uncle's pickup truck. The truck jounced along the gravel summit road, old pickle jars rattling in the dusty cooler behind her, broomstick butterfly nets quivering at her side. The jar in her victorious hands contained a live triangular marvel: her WhiteLined Sphinx Moth, swept from twilight where the roadside thistles bloomed. It vibrated within the glass, mothmighty and mysterious.

Recalling this, she savors her girlhood delight in a hindwing's secretive pinkness, and the geometric splendor thereof. She loads her brush. Her canvas receives the conjured detail.

"This piece richly evokes memory and image with its poetic language."
—David Holper



NCJ PICK

Biodegradability

By Larry Strattner,
Cutten

Phil and Mel moved through the murky harbor. Ran across some tasty bits now and again. Unidentified, but tasty.

Phil watched for food or females needing insemination. Mel, was an emigrant monkfish.

"Water's cleaner."

"Cleans' relative. Coffee cup over there? Lid on?"

"Yeah."

"Lasts 50 years. Falls apart into little white pebbles, swallow those white pebbles, makes it impossible to take a crap."

"Jeeze, the water seems clean here."

"Cleaner, schmeaner. Years from now fishermen dorks will be bitching they caught a beer can their father threw in today. But Mel? Better a beer can than me."

JUDGE'S PICK
DAVID HOLPER, JAY AUBREY-HERZOG

Crowd Pleasers

By Mike Wood,
Trinidad

"Give me an S."

"S."

"Give me a D."

"D."

"Give me an A."

"A."

"Give me a P."

"P."

"What's that spell?"

The crowd just looked dumbfounded.

"I said what's that spell?"

Finally Mr. Jenkins stood up and yelled back, "That doesn't spell anything!" Adding *you morons* to himself. Then he walked over to the principal. "Now do you understand why the whole squad is flunking English?"

"This piece is funny and wry in the right measure." — David Holper

"I admit I have a preference for jokes."
— Jay Aubrey-Herzog

Continued on next page »

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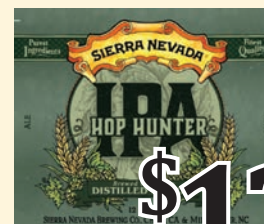


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On the Cover

Flash Fiction

Continued from previous page



NCJ PICK

Visitation

By Stephen Sottong,
Eureka

A swipe of claws woke the man. He cowered, holding his bloody cheek. A cat sat on its haunches at the end of the bed licking the blood from its paw.

"You're dead," the man hissed.

"Not so," the cat said. "You made me eternally neither dead nor alive."

The man retreated further to the corner of his bed. "You're not real."

"So sure? What about your cheek?" The cat stretched, yawned and ambled closer to the man who attempted to merge into the bedpost. "This conversation is not over yet," the cat said and faded away.

Schrödinger screamed.

NCJ PICK

Orbit

By Stephen Sottong,
Eureka

If he moved his arms slowly, Dan could control his spin and enjoy the view without nausea. Ursa Major and Minor, Perseus, Andromeda rotated by.

Sun glinted off the scratch where de-

bris from the explosion that had knocked him off the station impacted his visor. The light formed a rainbow inside his helmet. The only sound was his increasingly labored breathing echoed and focused by the faceplate.

Earth rotated into view, bright, green, achingly beautiful. Dan flicked his left arm to stop rotating. Over azure waters of the Pacific, day transitioned into night, beckoning him. He floated into darkness.

NCJ PICK

My First Kiss

By Tim Burwell,
Eureka

The school dance was loud. I could barely piece together coherent thoughts. Being 14 years old, that task proved hard enough on its own. I'd just begun a slow dance with my new girlfriend of eight minutes. I felt pressure from my peers to act. I couldn't let this opportunity slip, as we'd assuredly break up by the end of the week. Awkwardly but resolute, I put my shaky hands on her hips, pulled her in closely and kissed her. Her lips were the softest thing I'd ever felt. Her hair smelled of name-brand cheese. I was in love.

JUDGE'S PICK
DAVID HOLPER

Forwarding Order Expired

By John M. Daniel,
McKinleyville

At 10 I received a letter from the man I would become. "I've learned to correspond across the years," it said. "Enjoy your youth."

At 40, I received the boy's reply: "I can't wait to be your age."

I wrote the next letter forward 30 years. "I hope you're well."

My letter was returned unopened.

"In spite of its brevity, this time travel piece manifests both wonder and foreboding." — David Holper

JUDGE'S PICK
JOANN BAUER

Toy Story

By Elaine E. Cummings,
McKinleyville

Dante the Doberman shredded his last stuffed animal and was now nosing couch cushions. Fortunately, a nearby thrift shop had what I needed.

A grandmotherly volunteer at the register smiled. "I'm so happy my animal collection will find a new home!"

(silence)

"Will these be going to your grandchildren?" Her joy was almost complete.

"Yes," I whispered.

"Boys or girls?"

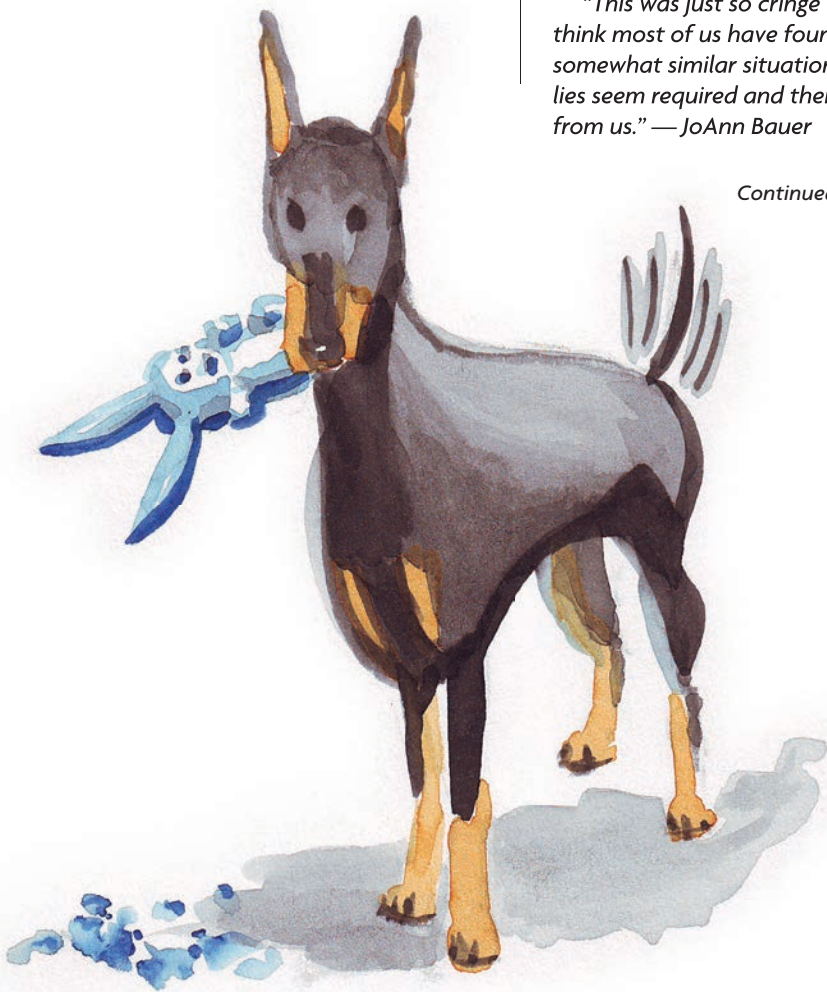
"One each." I kept going. "A boy, Zach, is 4. A girl, Jocelyn, is 7."

"I'm so happy they'll go to children!"

As I got into the car, I prayed she wasn't watching, as Dante began nosing the animals.

"This was just so cringe worthy and I think most of us have found ourselves in somewhat similar situations, when white lies seem required and then get away from us." — JoAnn Bauer

Continued on next page »



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On the Cover

Flash Fiction

Continued from previous page



NCJ PICK

Only Four Alternatives

By Jon Darold,
Eureka

"What do you want?" had been the unspoken question of our awkward goodnight. I could not sleep — feeling the pain of what might happen, foreseeing the many forms of potential loss. After the sun rose, I texted: "Either a secret, passionate romance or

a publicly chaste friendship." Two days I waited, then the phone rang. A long silence, and then she whispered, "Why not both?" I could not speak and did not hang up.

NCJ PICK

My Good Friends

By Salem Crowe,
Hydesville

The old ceramic jugs are luminescent in the moonlight, nestled amongst straw in the saddlebags. I'd brought them up from my still,





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hidden in the pine thicket, the evening before. The geraniums watched from their coffee cans on the front porch as I made final adjustments to the delicate load. When finished, I turned Velma the mule loose down the narrow path. Sure footed, with animal intuition, she knows the way better than I. As I passed beneath the twisted and beautiful forms of the ancient oak trees, I asked for swift arrival, and safe return.

NCJ PICK

Cold One

By Kerry Rasmussen,
McKinleyville

Pop needed a beer on the way home. We had cut and split a cord of wood, though I had done most of the work. But he had held up well for a 56-year-old alcoholic.

The weathered barmaid with dyed hair served us Olympia in the can, popping them open. "This is my son, home from college," Pop said. The other drunks started buying me beers, and soon I had three more lined up.

Pop drank his beer, plus my three, and bought a six-pack to go. That was the only time I ever drank with him.

JUDGE'S BONUS PICK
JOANN BAUER

Untitled

By Stephanie Bennett,
Eureka

The timber wars are over in Elk River.

"I don't even think it's true, but it is such a perfect sentence. Is there a prize for the most compressed flash fiction?"
—JoAnn Bauer

JUDGE'S PICK
JAY AUBREY-HERZOG

The Raid

By Garrett Purchio,
McKinleyville

Raymond couldn't wait to go home that day. He and his team looked on as the children were escorted back into the classroom, protractors in hand. It had taken minutes to calm them down.

"Every parent is going to want a thor-

Continued on page 27 »

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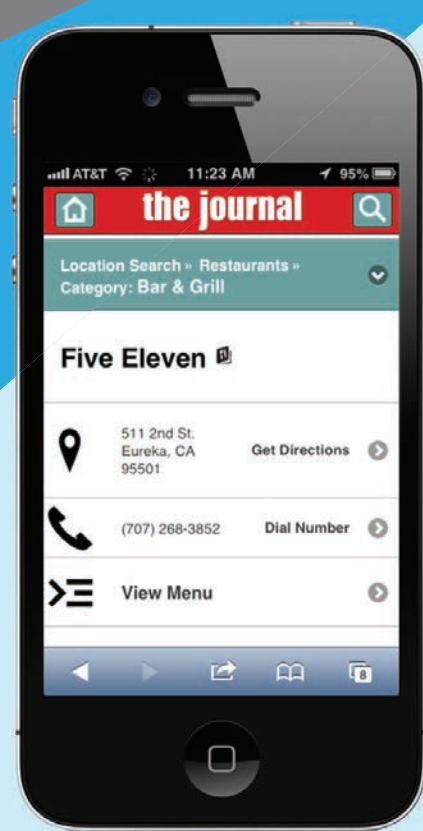
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On the Cover

Flash Fiction

Continued from page 25



JUDGE'S PICK
JOANN BAUER

Grapes of Dementia

By Karenn Wright,
McKinleyville

ough explanation as to how this could have happened!" the principal exclaimed. Just then the chief walked up.

"Raymond, I want to congratulate you," his boss chuckled. "You ordered the very first DEA raid on a math lab in the history of this program. Anything you'd like to say?"

"Math is one hell of a drug," Raymond replied.

"I must like spelling jokes." — Jay Aubrey-Herzog

NCJ PICK

United

By Alexis George

The terminal's blue light turns us to ghosts as we wait for the crackly voice to deliver our fate. Three times delayed, cancelled at last.

The wheels of our suitcases bumpity-bump down the long hall, out into the night. Doors open while others slide shut, a train snaking into the unknown.

Avis, Hertz, it doesn't matter, there won't be enough. Four strangers, united in circumstance, devour miles together as we drive back through the Redwood Curtain, homeward bound.

My husband lies in bed at the nursing home. I sit next to him. We munch on red grapes while he waits for sleep. I tear one from the stem, toss it to him, thinking he'll catch it in his mouth. But it surprises him. We giggle. His eyes smile, mouth opens, a hungry baby bird. I toss another, lightly.

Caught!

He pitches one to me. Out of bounds. He pulls another, feeds it to me. We continue like this until he tires and sleeps.

Outdoors, the darkness mingles with the peace in my heart.

"I found it very moving and very immediate. It felt like I was in the room with them and sharing that moment when her husband and she fully connect for one more (possibly the last) time." — JoAnn Bauer

JUDGE'S PICK
JAY AUBREY-HERZOG

A Question of a Story

By Christopher Christianson,
Eureka

First of all, was the ending rushed?



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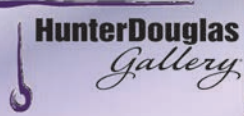
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Down and Dirty

Mulch Much?

By Heather Jo Flores

downanddirty@northcoastjournal.com

It’s that wonderful time of the year when leaves are falling, plants are decomposing and moisture is in the air. A perfect time for mulching! There is never a bad time for mulch, but with so much surplus organic matter available, it makes sense to harness those resources and use them to warm and protect your garden for the winter.

Mulch builds humus. The word “human” comes from the same roots as humus, meaning earth, and in fact our bodies do contain many of the same elements and microorganisms as fertile organic soil. Soil health is linked to our own health, and soil communities bear remarkable resemblance to the flora and fauna in our own guts. A diverse, thriving

intestinal community keeps us humans healthy, and the same goes for the soil ecosystem.

A layer of mulch, whether up around perennials and fruit trees or as a cover for next year’s vegetable beds, serves several important purposes. Mulch covers topsoil, keeping it dark and moist, which encourages soil organisms to come to the surface where they eat, breed and poop. Mulch provides habitat for worms and larger insects that travel across the garden in search of shelter. If they find your mulch, they’ll move in, further increasing your soil diversity and in turn, garden health. All of this micro-activity is akin to having a teeny-tiny compost machine that cultivates every inch of your soil, increasing organic

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Natural mulch among the rocks. Submitted by Heather Jo Flores.

matter and aeration and building a nutrient-rich foundation for the garden.

Mulch retains water. It acts as a sponge, soaking up the rainfall and slowly releasing it into the soil below. Larger mulch piles can be shaped into mini-berms and used to direct water away from the storm drain and back onto your site. Or dig small swales — shallow trenches on contour — and fill them with a thick mulch to create water-retaining borders all around the garden.

Mulch keeps plant roots warm, which is especially helpful for those varieties that do OK in Humboldt but would probably prefer a slightly warmer climate, like pomegranate, lemon, bananas and many fancy flowering bulbs. For these plants, I like to use larger rocks and river gravel under a leaf mulch. The rocks retain heat, the leaves insulate. But be careful not to pile the leaves too high up the trunk because they can cause rot. Focus on warming the roots just below the soil surface, spreading out from the plant.

In addition to rocks and leaves, there are several other types of mulch that are easily found in the area. Straw bales can be purchased at any farm store, or try the fairgrounds after an event — they often use bales for temporary seating and in parking areas, and you might be able to get them for free. I like a thick cover of straw mulch over the top of my compost pile and on vegetable beds. I am not crazy about the aesthetics of straw, however, and so I don't tend to use it on perennial beds. It does make a wonderful insulator, because each of those little pieces of straw is a hollow tube filled with air that gets warmed by the slow decomposition. Excellent for covering garlic beds over

winter, or around winter brassicas. Don't use hay! Hay is green and has tons of grass seeds that will grow all over your garden! Make sure you ask for "straw."

Cardboard and newspaper can be good options for mulching larger areas, especially if you want to kill grass or weeds. Peel the mulch off in the spring and dig beds, or cover the paper mulch with a thick layer of organic matter (leaves, straw, wood chips, or a blend of them all) and plant right into it. Be careful that you don't mulch over bindweed or Bermuda grass, though — it won't kill them and they'll make a thick mat underneath that will choke out your plant roots later.

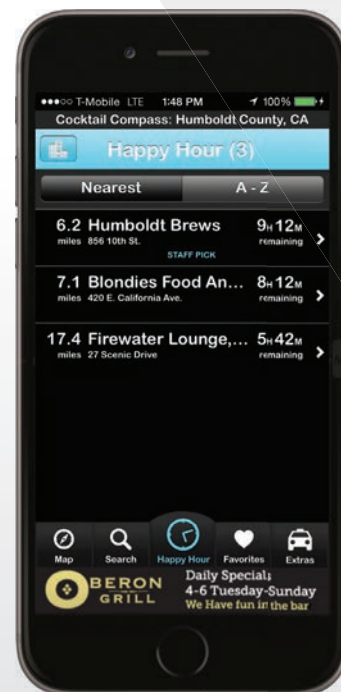
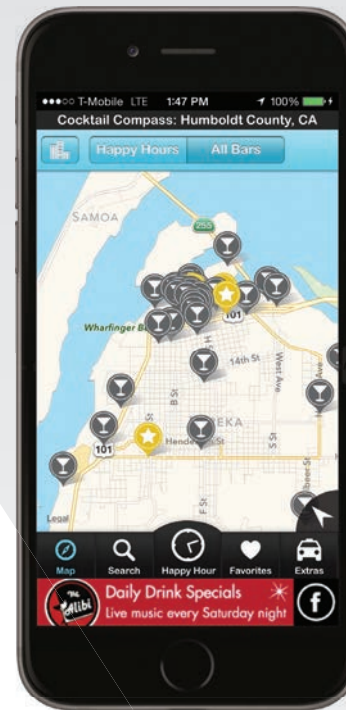
Wood chips, sawdust and bark can be beautiful under perennials, but they can be expensive to buy. You can sometimes find free sawdust at a local wood shop. I like to use it for blueberries and strawberries, because they love that extra acid. You can also get free wood chips through www.chipdrop.in, where you can register your house, indicate what type of chips you prefer, and make yourself available as a drop site for local tree services that need to dump their shredded surplus.

A final word of warning: Some mulches, especially straw and leaves, can harbor slugs and snails. So watch out for that, especially around baby vegetable plants. Next month, I'll discuss natural ways to deter these slimy pests. Until then, happy mulching!

Heather Jo Flores wrote Food Not Lawns, How to Turn Your Yard into a Garden and Your Neighborhood into a Community. Visit www.heatherjoflores.com.

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Table Talk

Hum Plate Roundup

Grateful platefuls

By Jennifer Fumiko Cahill

tabletalk@northcoastjournal.com

There will be a moment somewhere in this long holiday weekend, when, amid the sound of stacking dishes and the hum of a televised football game, you trace a trembling hand over your distended belly, unable to imagine wanting food ever again. It's temporary. In fact, dollars to drumsticks you'll be back in the game by the time your breakfast slice of pumpkin pie hits the plate. And when you're ready, we've found some good eats worth saving room for.

We Blew it up at El Pueblo

Earlier this month, at the start of Dia de los Muertos, folks were picking up pan de muerto (dead bread) to pile onto altars among photos, sugar skulls and candles for their lost loved ones. Not wanting to risk losing control and swiping a bun from the dearly departed, we got our own.

El Pueblo Market (3600 Broadway, Eureka) has two sizes of the soft, pale yellow bread dusted with superfine sugar (\$1 small). If you like a not-too-sweet raised doughnut rolled in crunchy sugar, this is for you.

But there you are with the green plastic tray and the tongs and this wall of glass cabinets piled with yellow buns, sprinkles, pastel-frosted rolls, wedges of cake and, wait, is that just a hunk of bread slathered in butter and dunked in sugar? Most are \$1 apiece. Load up.

The coconut covered ball turns out to be a pair of scone-firm, bready muffin-tops fused together with red marmalade. The chewy brown bun with a swipe of baked yellow frosting is full of cinnamon, and lovely with a cup of strong coffee. More room on the tray? There are soft, bready cones filled with vanilla custard and wedges of eggy cheesecake that are solid enough to eat with your fingers and totally justifiable as breakfast food.

Sauced at Breakfast

The sprouting crop of man buns around the room at the Woodrose Café (911 Redwood Drive, Garberville) might lead you to worry about trendiness encroaching on your breakfast, but fear not. A copy of *Sunset Magazine's Eating up the West Coast*, into which the house recipe for cheese sauce found its way, is propped up behind the counter. Find out why — order the Eggs Woodrose (\$13.95). The poached egg and mound of ham and spinach are obscured by a ladle of white cheese sauce. At the bottom somewhere is an English muffin. Taste the creamy and not overly salty stuff and ask yourself what else might be improved/hidden with a warm blanketing of it. (Brussels sprouts? Urban blight?) There are potatoes, too. They are herbed and possessed of a kind of salty pan crust that only comes from a cook with the steely nerve to leave them alone in the skillet. Your ketchup may go ignored.

Also accompanied by potatoes is the mushroom and cheese omelet (\$13.95). It's not cheap, as omelets go, but given the sheer volume of sautéed locally grown shiitake mushrooms, you might be getting it at cost. Along with the melted white cheddar, they are deeply satisfying. It fulfills the broken promises of your friends who are always telling you a Portobello burger is just as good as a real burger.

Leftover Do-over

Maybe this is the year the turkey comes out juicy, nobody leaves the table in tears and the cook doesn't experiment with seafood in your stuffing. But just in case you don't get the Norman Rockwell experience complete with a Tupperware of leftovers (a friend once told me of a Thanksgiving that ended with her father hucking the whole roasted bird across an icy driveway at his sister's retreating car), have a Plan B.



Homemade cheese sauce — who cares what's under it? Photo by Jennifer Fumiko Cahill



Behold the bakery bounty. Photo by Jennifer Fumiko Cahill



Drama-free Thanksgiving in a sandwich. Photo by Jennifer Fumiko Cahill

Traditionalists — and those who have made peace with their love of Stove Top stuffing — can head to the Corner Café and Bake Shop, formerly Vellutini Bakery (502 Henderson St., Eureka), for the Turkey Lurkey sandwich (\$7.65). The thick-cut breast meat, dollops of sugary cranberry sauce and salty stuffing that borders on being a condiment all come on sliced Dutch crunch with plain old mayo and scratch the nostalgic itch.

If that's too mainstream for you, hit up

the North Coast Co-Op (811 I St, Arcata; 25 Fourth St., Eureka) for something edgier. The turkey cran-pepper sandwich (\$5.99) is white meat with a slightly fancier/chunkier cranberry sauce, muenster cheese and a handful of pickled jalapeño slices on sourdough. The whole thing is grilled panini style for a nice crunch. It's the sweet and savory of cranberries and turkey with an added tangy heat.

See? A moveable Thanksgiving feast, and nobody had to flip a bird. ●



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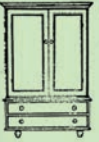
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Peppermints Ada Bavin and Sofia Elizarraras with Gingersnap Roshelle Howard in *'Twas the Night Before Christmas*. Courtesy of Trillium Dance Studio

Ladies Dancing and Lords a-Leaping

Holiday dance shows from Humboldt studios

By Kate Haley

frontrow@northcoastjournal.com

There is something about the joy and vitality of dance that makes it perfectly suited for the holiday season. The stage aglow, we can cast aside any care and just revel in the pageantry and glamour. Luckily, whether you're seeking a timeless classic like *The Nutcracker* or something never before seen, the local dance community has you covered. The middle of December is full of performances so there should be something for even those with the busiest of schedules (or go ahead and clear your calendar and enjoy two straight weekends of dance).

Though not holiday themed, it is worth taking in the Humboldt State University dance department's presentations of the semester's work. On Tuesday, Dec. 8 at 7 p.m. student choreographers and performers will show off their work in a diverse range of styles during the *Choreography Projects*. Thursday, Dec. 10 at 7:30 p.m. you can view pieces presented by each dance class during the fun and casual *Evening of Dance*. Both shows are in the John Van Duzer Theatre at HSU.

To kick off your seasonal cheer, take in North Coast Dance Academy's presentation of *The Nutcracker*, featuring plenty of en pointe work. Professional guest dancers include Jessica Gadzinski, Stephen Jacobson, Ken Scott and Bryton Foster, who'll dance the Nutcracker part. This beloved classic graces the stage at the Arkley Center for the Performing Arts, running Dec. 11 through 16. Tickets begin at \$20

for adults. (Note: If you're seeking a little extra glitz, there will be an opening night reception hosted at the Ingomar Club for an additional cost.) For more information regarding show times and to purchase tickets, call 442-7779.

For dance aficionados seeking a show a little closer to Southern Humboldt, the Ferndale Dance Academy offers its Holiday Dance Festival at the Winema Theater in Scotia. Performances are Dec. 11 at 7 p.m. and Dec. 12 at 5 p.m. and tickets are just \$10. For more information, visit www.ferndaledance.com or call 496-0805.

Trillium Dance Studios presents its annual holiday show *'Twas the Night Before Christmas*. Returning for its ninth year, this adaptation of the classic poem includes a cast of over 250 performers, including Kevin Sharkey returning in his role as the narrator. A whole host of holiday characters from toys to ornaments to Santa himself will show off their talents in styles ranging from ballet to tap. Returning to Humboldt from Los Angeles to reprise his role as the Pirate King is HSU graduate Jared Mathis, who recently attended the Debbie Allen Dance Academy summer intensive, including performing at the 2015 Special Olympics. There will be performances on Dec. 12 at 6 p.m. and Dec. 13 at 2 p.m. at the Eureka High School Theatre. For more information and to purchase tickets, visit www.trilliumdance.com or call 822-8408. Tickets prices begin at \$15.

The following weekend, Trinity Ballet

Company offers *Nutcracker in Narnia* at the North Coast Repertory Theatre with a single performance on Dec. 19 at 3:30 p.m. In this original ballet, performed by the Youth Ballet Theater, the royalty of Narnia, C.S. Lewis' fantasy world of talking animals and magic, host a holiday celebration with you as their guest. Tickets are \$12; seating is limited and advanced purchase is recommended. For additional information, call 839-1816.

If you still have visions of sugar plums dancing in your head, Dance Scene Studio and its Sundance Ballet Company present their take on *The Nutcracker* at the Van Duzer Theatre at Humboldt State on Dec. 19 at 7 p.m. and Dec. 20 at 2 p.m. More than 75 dancers will take the stage, and Bay Area pro Charles Torres joins the proceedings in the part of the Cavalier. Tickets begin at \$18. For more information, call 502-2188.

Rounding out the season, is No Limits Dance Academy's *Candy Cane Lane*, a sweet, cheerful holiday medley of styles ranging from hip-hop to ballet. There will be performances at the Arkley Center for the Performing Arts on Dec. 19 at 6 p.m. and December 20 at 2 p.m. For more information and to purchase tickets, call 825-0922.

With all the wintery, wondrous offerings, it will take a little planning to make sure you don't miss any of the magic — go ahead and mix yourself up some cocoa and sit down to pencil in some pirouettes. ●

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Golden Age

*It's a Wonderful Live:
A Live Radio Play at NCRT*

By David Jervis

frontrow@northcoastjournal.com

As a story, *It's a Wonderful Life* took an odd path to the near-iconographic status it now enjoys. Frank Capra's 1946 film, while not really bombing, was greeted with middling reviews and less-than-boffo box office, and fell into the lesser ranks of Capra's pictures. An expired copyright in the mid-'70s opened up the movie's availability for showing by local stations. Subsequently, its popularity into the '80s and '90s skyrocketed as a Christmastime movie. On some evening in this period, I engaged in the surreal but fun exercise of flipping around five channels that were showing it simultaneously — including two that had been (shudder) colorized.

Although there were three live radio productions based on the movie almost immediately following its release — all three with James Stewart and Donna Reed reprising their lead roles — and the story subsequently was adapted three times for the stage, including two different musical versions (this is where repeated TV showings can get you as an existing work), what the North Coast Repertory Theatre has onstage is *It's a Wonderful Life: A Live Radio Play*, penned by Joe Landry in 1997.

This is a marvelous format for the staging of the film's story, which is imagined as being broadcast from Studio A in New York City's WBFR on Christmas Eve of 1946, near the end the golden era of live radio. Radio plays themselves, with their real-time effects of the sounds of doors creaking open, glasses clinking, sounds of wind and storms, come from a different era and are not everyone's cup of tea. A friend who rebuffed my invitation to this production in a succinct text ("You know I hate theater"), would most likely not be the sort to be won over. And to see a production of a film that has seen by so many over the years, and that I nearly know by heart, comes with risks.

But in a way, such staging creates so

much difference from the story. With a cast of five doing multiple character voices and also helping with the sound effects, you're not really at a standard theater production. You are, of course, presumed to be in the live audience at WBFR, a setting that includes a countdown to airtime, a flashing applause sign and the actors doing a pair of sponsor plugs (Bremel's Hair Tonic and Dux toilet cake). The cast members also assume the identities of radio actors with such names as Sally Applewhite, a former 1943 Miss Ohio, and Harry "Jazzbo" Heywood. This gives the proceedings a near-interactive and lively feel — when boos come from the audience, they're for the cunning guile of the story's villain, nefarious banker and town tycoon Henry Potter, not for the production itself.

Dave Fuller, last seen on stage locally in Ferndale Rep's *Legally Blonde: The Musical*, and G. Ganeau respectively handle only the voices of leads George Bailey and Mary Hatch (while the remaining cast tackles up to a dozen each) and do a great job of bringing to life a pair of characters whose arcs span from childhood to married life and parenthood within the two-hour running time. To try to rehash the plot of the story to anyone who's watched TV during the holidays in the past four decades would most likely be redundant, but *It's a Wonderful Life* is a darker film

at various turns than most people recall, and NCRT's production conveys that well, right down to the whooshing sounds of snow and fidgety frustration that can boil over in the character of George Bailey, good-hearted citizen of Bedford Falls. After all, George's life is consumed in operating the family business he inherited from his father, but didn't really want ("spending all your life trying to figure out how to save three cents on a length of pipe") and in serving as the main bulwark to Mr. Potter owning everything in town and keeping people renting his shabby properties.

Potter is voiced by NCRT vet Tyler Egger, who expands on and leans into the petty villainy. Dave Simms does a fine Clarence the Angel, whose observation of George, Mary and the denizens of Bedford Falls over time gives the play a solid framing device.

The cast of *It's a Wonderful Life: A Live Radio Play*, ably helmed by director Kate Haley, who also handles sound design (and writes reviews for the *Journal*) jells well together. Their cohesiveness allows one to appreciate the multitasking and commotion that went into live radio broadcasts and, as such, delivers a new take on a story known well by so many. Certainly much more so than some schmucks just colorizing the original film.

Tune in for *It's a Wonderful Life: A Live*



Tyler Egger, Leslie Ostrom, David Simms, Aimee Morris and Dave Fuller on the mic.
Courtesy of North Coast Repertory Theatre.

Radio Play showings at 8 p.m. Fridays and Saturdays through Dec. 12 and on Thursday, Dec. 10. Sunday matinees are at 2 p.m. on Nov. 29 and Dec. 6. Call 442-6278 or visit www.ncrt.net.

Continuing

Fans of Louisa May Alcott, hang onto your bonnets. *Little Women Musical* opens at **Ferndale Repertory Theatre** with a preview show on **Nov. 25** and continues **through Dec. 20** with shows with Friday and Saturday shows at 8 p.m. and Saturday and Sunday matinees at 2 p.m. Call 786-5483 or visit www.ferndalerep.org.

Upcoming

Redwood Curtain Theatre puts the bug in humbug with *Cricket on the Hearth*, a musical adapted from the Charles Dickens holiday classic. The tale of misers and imposters runs **Nov. 27 through Dec. 13** with 8 p.m. shows on Fridays, Saturday, and Sundays, plus a Sunday, Dec. 6 matinee at 2 p.m. Call 443-7688 or visit www.redwoodcurtain.com.

Dell'Arte takes a fairy tale turn with *Li'l Red in the Redwoods*, a family-friendly musical playing at locations around the county from **Nov. 30 through Dec. 19**. Many shows are free and food donations for Food for People are requested. Call 669-5663 or visit www.dellarte.com. ●

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Time to Give Thanks

By Andy Powell

thesetlist@northcoastjournal.com

Pato Banton plays Wednesday,
Dec. 2 at 9 p.m. at Blue Lake
Casino's WAVE Lounge. Free.

Photo by Katia Doenz.



The idea of being grateful for all that we have daily is a nice one. Perhaps a naive one as well. Granted, it only takes a few seconds to reflect upon the innumerable wonders of our time, but the ridiculous modern lives we find ourselves in don't often leave much time for our minds to quiet down. We have jobs, bosses, families, children and a myriad of other connections that treat our time and mental processing functions as resources to be extracted. The non-stop nature of our lives makes reflection yet another task to float in our mental calendars.

Enter Thanksgiving. There's the whole Pilgrims-and-Native-Americans-being-nice-to-each-other angle, and there's also the whole bit about being thankful for a bountiful harvest. Let's focus on the latter. Thanksgiving functions as a reminder — or a device to clear our schedules — so that we can spend a day doing what we know we should be doing every day. That is, being full of thanks. If we focus on the harvest, we can be thankful that there are local markets that don't seem to run out of food. We can go beyond that as well: We can be thankful for our families, our children, our health, indoor plumbing, the Electoral College and other generic niceties like that.

We can also, and should also, be thankful for the continual music here in Humboldt County. It is easy to think that the options in our city centers are a common occurrence all over this land. I'm not convinced that is the case. Big cities have robust music scenes, sure,

but for a rural county that many other Californians think is part of Oregon, we've got it pretty good. The number of musicians we have, and their excellence, is something to cherish and to take care of. There will always be the musicians who feel compelled to move to Portland. Good on them for chasing their dreams. But for everyone one of those musicians, there are 30 others who remain in Humboldt. Maybe not for the financial support they're given from the community, but for the personal, emotional and artistic support.

So let's be thankful this year for another big haul of local musicians. They are just a part of the artistic harvest that gives this rural county its culture and its charm. Yes, things may be a bit slow this week, but even musicians have families that kind of love them. With that said, should your family drive you crazy this holiday season, know there are musicians and bands who will be your family for the night. Be thankful for that.

Friday

Jazz is on the menu. If you're done with leftovers, take the family members you actually like to Larrupin' Cafe for some great food and tunes by **Blue Lotus Jazz**. The music starts around 6 p.m. and is free, though the food won't be.

If you want some funk thrown in with your jazz, check out the **Eureka Pizza Council** at the Speakeasy in Eureka at

8:30 p.m. It's also a free show, but feel free to tip the band.

Saturday

Former local, and now Alaskan, **Kray Van Kirk** returns home for show supporting his recent release of *The Road to Elfland*. The 12 songs on the album have a folky and Irish vibe to them. Tolkien fans may enjoy the lyrics which tell about knights, travels to England and the Queen of Elfland. He'll be performing at the Humboldt Light Opera Company at 7:30 p.m. \$15 tickets, but only \$10 for children and seniors.

For a chance to hear Blondie/Michael Jackson/Queen/Gnarls Barkley covers, head over to the Blue Lake Casino and Hotel for **The Undercovers**. As mentioned, they cover a wide range of music and they pull it off: Witness a drummer who can sound like Debbie Harry one moment and CeeLo Green the next. Free, 9 p.m.

Tuesday

The Mad River Brewery hosts jazz by the **The Lownotes** who play standards with some originals thrown in as well at 6 p.m. for free.

Equally free is **Buddy Reed** who'll be doing his thing (as he does every Tuesday) at Libation in Arcata. He'll be on around 7 p.m. and joined by harp player Andy Fihn.

For more jazz, head to the Kate Bu-

chanan Room at HSU for the Jazz Journalists Association's "Drummer of the Year," **Matt Wilson's Christmas Tree-O**. It took me a while to figure out that was a play on "trio," but rounding out the group is Jeff Lederer on saxophone and Paul Sikivie on bass. Thank the Redwood Jazz Alliance for this show, as you'll get interesting and occasionally goofy twists on holiday classics and be impressed by the musicianship the whole time. 8 p.m. start time with a \$15 cover charge for non-students (\$10 for them).

Wednesday

I can't figure out why this is a free show, but, from what I can tell, it is. **Pato Banton** will play the WAVE Lounge at the Blue Lake Casino and Hotel at 9 p.m. Joining him will be locals **Dynasty One**. They'll be playing late, so take advantage of this rare ability to see Mr. Banton. ●

Full show listings in the Journal's Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Andy Powell is a congenial music lover and hosts The Night Show on KWPT 100.3 FM weeknights at 6 p.m. He doesn't like Facebook and doesn't feel bad for not mentioning your show that you never told him about.



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Live Entertainment Grid

Music & More

ARCATA & NORTH

VENUE	THUR 11/26	FRI 11/27	SAT 11/28	SUN 11/29	M-T-W 11/30-12/2
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		<i>Jurassic Park</i> (film) 8pm \$5	Random Acts Of Comedy 8pm \$6	<i>The Boxtrolls</i> (film) 6pm \$5, All Ages	[M] Monday Night Football Ravens @ Browns 5:20pm Free w/\$5 food/bev, All Ages [W] Sci-Fi Night ft. <i>Monster from a Prehistoric Planet</i> 7:30pm Free w/\$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata				Jazz Jam 6pm Free	[M] Trivia Night 7pm Free [W] Science on Tap 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	The GetDown (funk) 9pm Free	Undercovers (rock) 9pm Free	Karaoke w/KJ Leonard 8pm Free	[W] Pato Banton w/Dynasty One (reggae) 9pm Free
CENTRAL STATION 839-2015 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free	707 (funk, classic rock) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Blue Rhythm Revue (R&B, funk) 9pm Free	Pressure Anya (DJ music) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH INN 4611 Central Ave., McKinleyville 839-0545		Kindred Spirits (Gypsygrass) 10pm Free			
CRUSH 1101 H St., Arcata 825-0390			Jim & John (acoustic) 6pm Free		
FLDDBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521			Acoustic Night Saturdays 6pm Free		
HLOC's Space 630-5013 92 Sunny Brae Center, Arcata			Kray Van Kirk (singer/songwriter) 7:30pm \$15, \$10		
HUMBOLDT BREWS 856 10th St., Arcata 826-2739			The Goodbye Joe Comedy Show 9:30pm \$8		[W] Comedy w/Kyle Kinane 9pm \$10
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3928		Van Duzer: Bayside Ballet's <i>The Nutcracker</i> (dance) 8pm \$20, \$15	Van Duzer: Bayside Ballet's <i>The Nutcracker</i> (dance) 1pm, 7:30pm \$20, \$15	Van Duzer: Bayside Ballet's <i>The Nutcracker</i> (dance) 1pm \$20, \$15	[M] Van Duzer: <i>Li'l Red in the Redwoods</i> (theater) 7:30pm Free [T] KBR: Matt Wilson's Christmas Tree-O (jazz) 8pm \$15, \$10 [W] KBR: Letters from a Young Poet & Rebel Music 6pm Free



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Arcata • Blue Lake • McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 11/26	FRI 11/27	SAT 11/28	SUN 11/29	M-T-W 11/30-12/2
THE JAM 915 H St., Arcata 822-4766		Club Triangle 9:30pm \$5	Jimi Jeff (Hendrix tribute) 9:30pm TBA	DGS Sundaze (EDM DJs) 9pm \$5	[T] Savage Henry Comedy 8pm \$5 [W] The Whomp (DJs) 9pm \$5
LARRUPIN 822-4766 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free		Dogbone (feral jazz) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIBATION 761 Eighth St., Arcata 825-7596					[T] Buddy Reed (blues) 7pm Free
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		The Lost Dogs (blues, R&B) 9pm Free	Motherlode (heavy funk) 9pm Free	Potluck (food) 6pm Free	[T] Open Irish Music Session 8pm Free
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680		Redwood Ramblers (classic country covers) 6pm Free	Blazz (blues and jazz) 6pm Free		[T] The Low Notes (jazz) 6pm Free [W] Pints for Non-Profits: Arcata House Partnership. All Day
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic w/Jeremy Bursich 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm \$5
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222			Wurly Bird Show (funk) 8pm Free		[M] Open Bluegrass Jam 6pm Free
RICHARDS' GOAT TAVERN 401 I St., Arcata 630-5000		Miniplex: <i>The Forbidden Room</i> (film) 7pm \$8	Miniplex: <i>Nasty Baby</i> (film) 4:30pm \$6.50 <i>The Forbidden Room</i> (film) 7pm \$8	Miniplex: <i>The Forbidden Room</i> (film) 4:30pm \$6.50 Karaoke 9pm Free	[M] Miniplex: <i>The Forbidden Room</i> (film) 7pm \$8 [T] Ritmos Latinos w/DJ Panchanguero 8pm Free
SIDELINES 732 Ninth St., Arcata 822-0919	Rudelion Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelion 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville		DJ Dub 2pm-7pm, Savage Henry Stand Up Comedy 9pm \$5		Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free [T] Sunny Brae Jazz 7:30pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Hip-hop DJs 9pm Free	DJ Music 10pm Free		[T] Bomba Sonidío (Latin, Afro, Carib beats) 10pm Free [W] Reggae Wednesdays w/Rudelion 10pm Free

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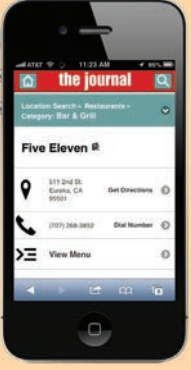
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Live Entertainment Grid

Music & More

EUREKA & SOUTH

Arcata and North on previous page
Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 11/26	FRI 11/27	SAT 11/28	SUN 11/29	M-T-W 11/30-12/2
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Chris Clay 8pm Free	The Roadmasters (classic country) 9pm Free	Ballroom: Rumble at the River II (fighting) 7pm \$25 and up. Thirsty Bear: Lightning Boom Productions (DJ music) 9pm Free		
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6pm Free	The Tumbleweeds (cowboy) 6pm Free		
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EMPIRE LOUNGE 415 Fifth St., Eureka 798-6498					[W] Karaoke at the Cantina 6pm \$2 All Ages
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	Brian Post (jazz) 6pm Free	The Fairy Rings, Scotch Wiggly, Pye Eye, Chachi Hands, Ultramafic 7pm Free	Lizzy and the Moonbeams (indie) 9pm Free		[T] Anna Banana (blues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St. 442-2970		<i>The Neverending Story</i> (film) 2pm, <i>Raiders of the Lost Ark</i> (film) 4:30pm \$5 for both			
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
Gallagher's Irish Pub 139 Second St., Eureka 442-1177		Pappa Paul (folk) 6pm Free			
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke w/DJ Will 9pm Free	Karaoke w/DJ Will 8pm Free	[T] Pool Tournament 7pm \$5
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600			Mike Craghead (singer/ songwriter) w/Matt Craghead, Dylan Craghead, Mikayla Craghead 6pm Free	Hillbilly Gospel Jam 2pm- 4pm Free	[W] Open Mic w/Mike Anderson 7pm Free



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Matt Wilson's Christmas Tree-o plays Tuesday, Dec. 1 at HSU's Kate Buchanan Room. 8 p.m., \$15, \$10 students.

Photo by Fran Kaufman

VENUE	THUR 11/26	FRI 11/27	SAT 11/28	SUN 11/29	M-T-W 11/30-12/2
PEARL LOUNGE 507 Second St., Eureka 444-2017		Dub Cowboy (DJ music) 10pm Free	Itchie Fingaz (DJ music) 10pm Free		
PERSIMMONS GALLERY 1055 Redway Dr., Redway 923-2748					[W] Open Mic w/Lee-o 7:30pm Free
ROSE'S BILLIARDS 535 Fifth St., Eureka 497-6295		Ultra Class Fridays (DJ music) 10pm Free			[T] 8 Ball Open BCA Tournament 7:30pm \$10
SHAMUS T BONES 191 Truesdale St., Eureka 407-3550		Friday Night Vibes (DJ music) 10pm Free	Saturday Nightlife (DJ music) 10:30pm Free		
SHOOTERS OFF BRADWAY 1407 Albee St., Eureka 442-4131		Country & Rock Night (DJ music) 9pm Free		Karaoke Night 9pm Free	
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778		Phantom Wave presents: The Haunt 9pm TBA			[T] Open Mic Night 7pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			

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Calendar

November 26 - December 3, 2015



"Turn around. Look at what you see-ee-ee-ee-ee-ee-ee-ee-eeeeee ..." "Snakes. Why did it have to be snakes?" If you think these quotes go together like chocolate and peanut butter, we've got a double feature for you. Join Bastian and Indy for an afternoon of snake pits and flying luck dragons at the **Eureka Theater Friday, Nov. 27** with ***The Never-ending Story*** at 2 p.m. and ***Raiders of the Lost Ark*** at 4:30 p.m. (\$5).



Courtesy of Eureka Main Street

Ho Ho Ho, Hello! It's official. The holiday season is here. The big man in the red suit arrives via firetruck and fanfare at the **Old Town Gazebo Friday, Nov. 27 at 2 p.m.** and hands out candy canes to kids from 1 to 92 (free). Bring your camera and capture the magical moments.



It's no secret we're biased about the author of this whodunit. The *Journal's* own Linda Stansberry (or Angela Stansberry, as we like to call her) has written her first fiction novel, ***The Trinidad Mystery***, and will be reading from it and signing copies **Dec. 2 from 7 to 8 p.m.** at the **Trinidad Library** (free). Catch her again at Booklegger Dec. 5 during Arts Alive.

26 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Call ahead. \$5, \$3 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org 443-9694.

HOLIDAY EVENTS

Arcata Community Thanksgiving Dinner. 11:30 a.m.-2:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Enjoy a Thanksgiving meal with your community. Free. 822-7091.

Blessing of the Fleet. 10 a.m. Trinidad Head Memorial Lighthouse, Trinity Street. Join the crews of the local fishing fleet as they give thanks for the bountiful harvest and receive a blessing for the upcoming season with Native American prayers, music, a Christian blessing and good wishes all around. Free. www.trinidadcalif.com. 677-0223.

Thanksgiving Morning Meander. 10 a.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Join Friends of the Arcata Marsh for its 16th annual morning meander. Jenny Hanson will lead a 90-minute walk around the Marsh. Free. 826-2359.

Turkey Trot. 9 a.m. Old Town Gazebo, Second and F streets, Eureka. Make room for stuffing! Register from 7:30 a.m. at Old Town Coffee and Chocolates, then stretch for a 5K walk/run at 9 a.m. \$10 w/out shirt, \$20 w/shirt. 822-3136.

ETC

Community Board Game Night. Last Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. oss1ncrp@northcoast.com. www.baysidegrange.org. 444-2288.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

27 Friday

ART

Blacksmith Demonstration. 9 a.m.-2 p.m. Ferndale Museum, 515 Shaw Ave. Step back in time as Jerry Murry fires up the forge and shows how it used to be done. For more information call 786-4466. Free.

MOVIES

The Neverending Story, Raiders of the Lost Ark.
1:30 p.m. Eureka Theater, 612 F St. It's a Black Friday



Courtesy of Blue Ox Millworks

Milling Around

Thanksgiving weekend is the start of holiday season traditions. Doing a little shopping. Stepping back in time to the good ol' days when life was simpler, slower and centered on things that brought people together. Of course, we're talking about the local tradition of visiting **Blue Ox Millworks** the weekend after Thanksgiving during its annual **Craftsman's Days, Nov. 27 and 28 from 10 a.m. to 4 p.m.** (\$10, \$9 w/food bank donation, free for kids under 12).

This two-day nostalgic trip gives visitors the opportunity to explore the millworks grounds, see antique machinery and learn from the experts who know how to use them. Master craft workers show off their skills and wares with demonstrations of **blacksmithing, woodworking, spinning and weaving, foundry casting, ceramics** and more. You can wind your way among vendors, listen to some storytelling and get something wholesome to eat. As always, the family-friendly event features some of the area's best toe-tapping tunage. While you're roaming the grounds watching the sparks and wool fly, you can feel extra folksy listening to live music from **Kindred Spirits, Belles of the Levee, Jeff Kelley and Friends, Papa Paul Fowler, Dale Winget, Empty Bottle Boys and Sarah Torres.**

— *Kali Cozyris*

Courtesy of SCRAP Humboldt

Holy Craft!

This holiday season, you could cross every name off your gift list with something from a local artisan. Sure, you might spend a little more than you might with a click online or a trip to a big box store, but in the end, it's better all around — better quality, better for the environment, better for the local economy. It's even better for humanity because it connects us directly to the people who put their hearts and souls into creating each amazing, one-of-a-kind gift. Luckily, there are a multitude of places and events where you can find that better gift for your special someone. Here are a few happening this weekend.

Folks Christmas Crafts Fair on Friday, Nov. 27 and Saturday, Nov. 28 from 9 a.m. to 4 p.m. at the Ferndale Veterans Memorial Building (free).

Holiday Craft Bonanza at SCRAP Humboldt, Saturday, Nov. 28, from 10 a.m. to 4 p.m. (free).

Art & Craft Holiday Fair, Saturday, Nov. 28, 11 a.m. to 4 p.m. at Mad River Grange (free).

Humboldt Holiday Market. Saturday, Nov. 28, 10 a.m. to 4 p.m. at Manila Community Center (free).

Small Business Saturday events are taking place **Saturday, Nov. 28** at **Redwood Acres Fairgrounds** for **Humboldt Made** businesses starting at 9 a.m. (free admission), and in **Old Town/Downtown** all day. They're also happening all over Humboldt. Just take a stroll down the street and pop into the mom and pop stores. Wish them happy holidays. Give them a little green and take home a full heart.

— *Kali Cozyris*

double feature. Catch *The Neverending Story* at 2 p.m. and *Raiders of the Lost Ark* at 4:30 p.m. Presented by Eureka Main Street, Scraper's Edge and Redwood Art Association. \$5. www.theeurektheater.org.

The Forbidden Room. 7 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. Phantasmagoric ode to cinema from Guy Maddin and John Ashbery. \$6.50-\$8. www.richardsgoat.com.

Jurassic Park. 8 p.m. Arcata Theatre Lounge, 1036 G St. Cloned dinosaurs run amok in Spielberg's record-breaking blockbuster from 1993. \$5. www.arcatatheatre.com.

THEATER

Little Women Musical. 8-10:30 p.m. Ferndale Repertory Theatre, 447 Main St. Based upon Louisa May Alcott's beloved 19th century novel, this musical brings to life the March family through romance, illness and loss. \$18, \$16, \$5 children 8 and under. info@ferndalerep.org. www.ferndalerep.org. 786-5483.

FOR KIDS

Black Friday Stop, Drop & Shop. 9 a.m.-4 p.m. Discovery Museum, 612 G St., Eureka. Drop off the kids for a day of crafts, activities, stories, Legos and more, so you can shop. Includes snack. Morning session 9 a.m.-1 p.m., afternoon session noon-4 p.m. For potty-trained kids up to age 8. Call to reserve your spot. 443-9694. \$20/session or \$35/all day, \$15/\$30 members. www.discovery-museum.org.

HOLIDAY EVENTS

Bayside Ballet's The Nutcracker. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Clara battles the evil Rat King and his army with the help of her trusted Nutcracker. \$20, \$15 for kids 12 and under.

Christmas Toy Drive. 10 a.m. Bayshore Mall, 3300 Broadway, Eureka. Have your picture taken with Santa Claus and local firefighters, and help kick off the Humboldt Bay Firefighters annual toy drive.

Craftsman's Days. 10 a.m.-4 p.m. Blue Ox Millworks, 1 X St., Eureka. Living history and artisan fair featuring live bands all weekend, blacksmithing, woodworking, spinning and weaving, historical reenactment, storytelling, food and more. \$10, \$9 w/food bank donation, free for kids under 12.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. An all-new musical adapted from a story by Charles Dickens. A perfect holiday treat for the whole family. \$20-\$10.

Folks Christmas Crafts Fair. 9 a.m.-4 p.m. Ferndale Veterans Memorial Building, 1100 Main St. Browse holiday wares. Free admission. 786-9995.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka.

Holiday Fashion Show. 2 p.m. Stonestrow Boutique, 423 F Street, Eureka. Holiday party outfits featuring Liz Brown, makeup artist.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. The American holiday classic comes to life as a live radio broadcast as performed by a cast in a 1940s radio station. \$16, \$13.

Li'l Red in the Redwoods: A Holiday Tale Opening Weekend. 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. The Dell'Arte Company's annual all-ages hol-

iday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. www.dellarte.com. 668-5663 ext. 20.

Post Holiday Hike. 1-4 p.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. Walk off your holiday dinner with a Friends of the Dunes naturalist. Please reserve space by contacting info@friendsofthedunes.org or 444-1397. Free. info@friendsofthedunes.org. 444-1397.

Santa in Old Town. Old Town Gazebo, Second and F streets, Eureka. The man in red pulls into town to say hello and pose for photos. Bring your camera! Free.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

28 Saturday

MOVIES

Frozen. 1 p.m. Humboldt County Library, 1313 Third St., Eureka. Disney's frosty musical plays in the Eureka library's large meeting room. Come in costume and sing along. Free. www.humlib.org. 269-1900.

The Forbidden Room. 7 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Nov. 27 listing.

Nasty Baby. 4:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. Warm and fuzzy, non-conforming comedy-drama. \$6.50-\$8. www.richardsgoat.com.

MUSIC

Kray Van Kirk. 7:30-9:30 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. The Alaskan singer-songwriter and Humboldt County native returns with songs from his new release, *The Road to Elfland*. \$15, \$10. kvk@krayvankirk.com. www.krayvankirk.com. 907-780-4453.

THEATER

Little Women Musical. 8-10:30 p.m. Ferndale Repertory Theatre, 447 Main St. See Nov. 27 listing.

EVENTS

Anniversary Party. 1-4 p.m. Trinidad Art, 490 Trinity St. Art, music and good food and drink with Rob Diggins and Jolieanne Einem, violinists, JD Jeffries on guitar and Howdy Emerson on harp. TBA.

FOR KIDS

MGC Youth Camp: Life Skills. 11 a.m.-2 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. Open to youth of all ages. Learn various life skills. For our first class of this series we will be learning how to change a bike tire. Free. jgolly@ervmgc.com. www.ervmgc.com. 725-3300.

Story Time. Every other Saturday, 11 a.m. Rio Dell Library, 715 Wildwood Ave. Join us for stories, songs, and games for early readers and parents. Free. riohumml@co.humboldt.ca.us. 764-3333.

FOOD

Grange Breakfast. Fourth Saturday of every month, 7:30-11:30 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Eggs, sausage or ham, biscuits and

gravy, and coffee. \$5 suggested donation, \$3 for children 3 and up. www.facebook.com/humboldt.grange.

Winter Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Farm fresh produce, rain or shine. On G and Eighth streets. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

HOLIDAY EVENTS

Art & Craft Holiday Fair in Blue Lake. 11 a.m.-4 p.m. Mad River Grange, 110 Hatchery Road, Blue Lake. This fundraiser for the Blue Lake Museum features potter Susan Beecher, Elaine Benjamin of Blue Chair Press, tribal artist Gary Markussen and more. Lunch and refreshments available. Free admission. blmuseum@suddenlink.net. 668-1906.

Bayside Ballet's The Nutcracker. 1 & 7:30 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Nov. 27 listing.

Craftsman's Days. 10 a.m.-4 p.m. Blue Ox Millworks, 1 X St., Eureka. See Nov. 27 listing.

Creamery District Holiday Art Market. 11 a.m.-4 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Arts vendors, great music and food are featured in this fun, family-friendly event. Free.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Nov. 27 listing.

Folks Christmas Crafts Fair. 9 a.m.-4 p.m. Ferndale Veterans Memorial Building, 1100 Main St. See Nov. 27 listing.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Nov. 27 listing.

Holiday Craft Bonanza. 10 a.m.-4 p.m. SCRAP Humboldt, 101 H St. Suite D, Arcata. Creative, handmade crafts by artisans, many of whom focus on reused and repurposed materials. Free. reboutique@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

Humboldt Holiday Market. 10 a.m.-4 p.m. Manila Community Center, 1611 Peninsula Drive. Lots of local vendors and handmade products, plus beer, wine and snacks available. Free admission. luxurycandle@yahoo.com. 845-8067.

Humboldt Made Small Business Saturday. 9 a.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Browse your favorite local crafters and producers. Breakfast and mimosas at 9 a.m. www.redwoodacres.com.

It's a Wonderful Life Live Radio Play. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Nov. 27 listing.

Li'l Red in the Redwoods: A Holiday Tale Opening Weekend. 7:30 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Nov. 27 listing.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Jane and Richard Wilson. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Tour leader Cindy Moyer. Free. www.rras.org/calendar.

Continued on next page »

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Calendar

Continued from previous page

Volunteer Trail Stewards Work Day. 9 a.m.-1 p.m. Corner Margaret and Buttermilk lanes, Sunny Brae. Help loosen compacted soil, relocate ferns, bring in duff and remove non-native plants. New volunteers welcome. Rain or shine. Lunch provided. Free. hughes@humboldt.edu. www.humtrails.org. 826-0163.

SPORTS

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Nov. 27 listing.

Rumble at the River II. 7 p.m. Bear River Casino and Hotel Ballroom, 11 Bear Paws Way, Loleta. Live full-contact fighting. tickets from \$25. bearrivercasino.com.

COMEDY

Random Acts Of Comedy. 8 p.m. Arcata Theatre Lounge, 1036 G St. \$6. Ages 10+.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

29 Sunday

ART

Create a Holiday Wreath. 11 a.m.-1 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods Campus, North Entrance, Eureka. Greenery and framework supplied. Bring gardening gloves and pruning shears. Ages 15 and up. Pre-registration required. 442-5139. \$40, \$30 members. www.hbgf.org.

MOVIES

The Boxtrolls. 6 p.m. Arcata Theatre Lounge, 1036 G St. A young orphaned boy raised by underground cave-dwelling trash collectors tries to save his friends from an evil exterminator. \$5. www.arcatatheatre.com.

The Forbidden Room. 4:30 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Nov. 27 listing.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9

p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

THEATER

Little Women Musical. 2-4:30 p.m. Ferndale Repertory Theatre, 447 Main St. See Nov. 27 listing.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos as well as smaller, more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

HOLIDAY EVENTS

Bayside Ballet's The Nutcracker. 1 p.m. Van Duzer Theatre, Humboldt State University, Arcata. See Nov. 27 listing.

Cricket on the Hearth. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Nov. 27 listing.

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Nov. 27 listing.

It's a Wonderful Life Live Radio Play. 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Nov. 27 listing.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. \$3. www.nugamesonline.com. 497-6358.

People's Climate March. Noon. Humboldt State University, 1 Harpst Street, Arcata. March from HSU to the Arcata Plaza in this event calling for climate justice

and an end to carbon pollution. www.peoplesclimate.org. (619) 368-0115.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

30 Monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music from the 1930s through 1950s. Refreshments served. \$4. 725-5323.

MOVIES

The Forbidden Room. 7 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. See Nov. 27 listing.

MUSIC

The Magic Flute. 7 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. A mini opera by Mozart performed by members of the San Francisco Opera. Presented by NPA. Donations appreciated.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Nov. 27 listing.

Li'l Red in the Redwoods. 7:30-8:30 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

MEETINGS

McKinleyville Low Vision Group. 11 a.m. Azalea Hall, 1620 Pickett Road, McKinleyville. The meeting's topic is keeping prescriptions in order. Free. dougdrose@suddenlink.net. www.mckinleyvillecsd.com/azalea-hall. 839-0588.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Monday Night Football. 5:20 p.m. Arcata Theatre Lounge, 1036 G St. Pro football on the giant screen. All ages. Ravens @ Browns. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

ETC

Monday Night Magic Draft. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. New and seasoned players welcome. \$15. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

1 Tuesday

BOOKS

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Free.

MOVIES

Once Upon a Time in the West. 6 p.m. Humboldt County Library, 1313 Third St., Eureka. Barry Evans hosts a screening of the Sergio Leone "Spaghetti Western" masterpiece. Barry will introduce the film and host a informal discussion afterward. Free.

MUSIC

Ukulele Play and Sing Group. First Tuesday of every month, 1:30 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. All skill levels. Other instruments on approval. Meet first and third Tuesday. Donations of \$1-\$2 appreciated. veganlady21@yahoo.com.

FOR KIDS

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Free play for kids 0-5. Regular admission for kids over 5. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Nov. 29 listing.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Nov. 27 listing.

Matt Wilson's Christmas Tree-O. 8-10 p.m. Kate Buchanan Room, Humboldt State University, Arcata. The jazz drummer brings his holiday repertoire, both sacred and secular. \$15, \$10. rja@redwoodjazzalliance.org. redwoodjazzalliance.org. 633-8385.

MEETINGS

Veterans Town Hall Meeting. 4:30 p.m. Eureka Veterans Clinic, 930 W. Harris St. Join in a discussion on how to improve communication between VA and veterans. Co-chaired by veterans and staff volunteers. Free.



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COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Street, Ferndale. Cards and pgs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Community Clean Up. First Tuesday of every month, 10 a.m.-noon Riverbend Cellars, 12990 Avenue of the Giants, Myers Flat. Help with limbing, taming brush, burning slash, hauling garbage and clearing out abandoned cars. Free. www.riverbendcellars.com.

2 Wednesday

ART

Art and Artisans Fair. 3-6 p.m. Reese Bullen Gallery, Humboldt State University, Arcata. Humboldt State University's Art Department's students and studio art clubs offer their paintings, photography, ceramics, jewelry, sculpture, prints, mixed media creations and more. 826-5814.

MOVIES

Sci Fi Night ft. *Monster from a Prehistoric Planet*. 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

FOR KIDS

Youth & Teen Study Group. 3-4:30 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. A quiet environment where students can receive extra help on homework, a snack and optional on-site tutoring. Free. lynea237@gmail.com. www.ervmhc.com. 725-3300.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Nov. 27 listing.

Li'l Red in the Redwoods. 7-8 p.m. McKinleyville High School, 1300 Murray Road. The Dell'Arte Company's annual all-ages holiday show. A re-imagining the classic folktale *Little Red Riding Hood*. Free. info@dellarte.com. www.dellarte.com. 668-5663.

OUTDOORS

Guided Nature Walk. First Wednesday of every month, 9 a.m. Richard J. Guadagno Visitor Center, Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. This 2-mile walk is a great way to familiarize yourself with local flora and fauna. Binoculars are available at the visitor's center. Free. www.fws.gov/refuge/humboldt_bay. 733-5406.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Red Cross Volunteer Orientation. 6-9 p.m. Humboldt Bay Fire Conference Room, 533 C St., Eureka. Attend this new volunteer orientation and learn how to help those affected by disasters.

Redwood Coast Village OLLI Brown Bag Lunch. 12-1:30 p.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. For those over age 50 looking to stay connected, active and independent. Free. info@redwoodcoastvillage.org. www.redwoodcoastvillage.org. 826-1853.

3 Thursday

ART

Art and Artisans Fair. 11 a.m.-3 p.m. Reese Bullen Gallery, Humboldt State University, Arcata. See Dec. 2 listing.

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Nov. 26 listing.

BOOKS

The Trinidad Mystery. 7-8 p.m. Trinidad Library, 380 Janis Court. Linda Stansberry will be reading and signing her first novel, set in Trinidad, CA. Free. lcstansberry@gmail.com. www.holyshitlindastansberry.com/trinidad. 599-3254.

LECTURE

Forest Ecology. 6 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. "Separating effects of crown structure and competition for light on trunk growth of Sequoia sempervirens," presented by Ethan Coonen. Free.

MUSIC

The Milk Carton Kids. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The acoustic folk duo with Julian Lange opening the show. \$36, \$10 HSU students. cartshumboldt.edu. humboldt.edu/centerarts. 826-3928.

SPOKEN WORD

Humboldt Poetry Slam. 7:30 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Featuring Bay Area graffiti artist and emcee Nac One. Poets that bring hip-hop inspired poetry to share take precedent on the sign-up list. Live Music by DJ Goldylocks. Live art by Carly Robbins. \$5.

THEATER

Down the Rabbit Hole. 8 p.m. Mateel Community Center, 59 Rusk Lane, Redway. A modern take on the old favorite, *Alice in Wonderland*. \$12-15 sliding scale, \$5 those under 19. www.mateel.org.

FOR KIDS

Young Discoverers. 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. See Nov. 26 listing.

FOOD

MSPTO Dinner & Auction Fundraiser. 5:30 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. McKinleyville Schools PTO hosts this fundraiser featuring a beef brisket dinner with dessert, no host bar, silent and Dutch auctions. 21 and up. To purchase tickets, please call Rachele 498-2911. \$25. mckspto@gmail.com. www.bluelakecasino.com.

HOLIDAY EVENTS

Holiday Art Sale. Redwood Art Association Gallery, 603 F St., Eureka. See Nov. 27 listing.

Arcata Chamber Holiday Mixer. 5:30-7 p.m. Mad River Hospital, 3800 Janes Road, Arcata. Free.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Nov. 26 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Nov. 26 listing.

Heads Up

Food for People is in need of holiday turkeys/hams. To donate, please drop off at 307 W. 14th St. in Eureka or call 445-3166.

Kris Kringle's Christmas Craft Fair is seeking vendors for its Dec. 12 event. Call 845-7591 for more information.

League of Women Voters seeks nominations for community honorees. Call 444-9252 or visit www.lwvhc.org before Dec. 1 to download form.

Artists, crafters, home based business owners and others with gift items to sell are invited to participate in the holiday store offered through the Rio Dell Scotia Chamber of Commerce. Call 506-5081.

The Arcata Presbyterian Church is planning its annual Christmas basket distribution. Applications are available for residents of Arcata, Manila, Samoa, Blue Lake and Bayside. Contact Wendy at 822-1321.

The HAC member show is accepting entries at the Morris Graves Museum of Art on Wednesday, Dec. 2 from 12 to 5 p.m. Visit www.humboldtarts.org.

Ferndale Repertory Theatre holds auditions for *Bat Boy: the Musical*, Dec. 6 and 7 from 6-8 p.m. at Bethel Church in Eureka. For more info, email leira@ferndalerep.org.

Low-cost firewood is available for income-eligible older adults. Call 443-9747 ext. 1241 for more information.

Volunteers wanted for Eureka VA clinic. Call 269-7502.



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Long Goodbyes

Sequels, traditions and vendettas

By John J. Bennett

filmland@northcoastjournal.com

Reviews

HUNGER GAMES: MOCKINGJAY PART 2

With each successive installment, The Hunger Games movies have generated less excitement, more speechifying and a great and terrible mountain of revenue. This, the worst offender among them, is thankfully the last of it and, in an ironic twist, likely to be the most commercially successful. (This two-part finale business is, of course, representative of a blatant cash grab trend. Adapting the final book in the series into two overlong movies has required some serious stretching and padding of the material).

Picking up just where *Part 1* precipitously left off, *Part 2* drops us into the middle of an ever-escalating conflict in Panem. Rebel forces, now rallied around figurehead Katniss Everdeen (Jennifer Lawrence), continue to push toward the capitol, even as government forces devastate more and more districts in reprisal. The rebels have managed to rescue Peeta

Mellark (Josh Hutcherson), who was being held captive by the malignant President Snow (Donald Sutherland), but Peeta still exhibits dangerous signs of mind control. He is conscripted to join Katniss' propaganda unit as it makes its way into the heavily booby-trapped capitol, producing pro-rebel materials along the way. This process is complicated, of course, by the plethora of aforementioned booby-traps. The squad finds itself in series of ever-more perilous scenarios, none of which are governed by a concern for story, continuity or drama.

The gravest offense committed here is in the omission of a compelling narrative. Like the previous three movies, *Part 2* is impressively staged and opulently appointed, but more than any of the others it is also oppressively boring. It so lacks interest and excitement that the torpor feels cultivated, intentionally devoid of any sort of cinematic pleasure. In theory, we should already be invested enough in the characters that further development of their identities and relationships is unnecessary. But in reality, there is so little to this narrative (in spite of its morbidly obese running time) that it is difficult to care. Lacking even the wrong-headed speechifying that characterized *Part 1*, this is an aimless, dull insult to the audience. The best thing about it may be that it is consummately forgettable. PG13. 136M.

THE NIGHT BEFORE. I've mentioned, probably too often, my love for Christmas movies. I also tend to go in for the half-smart stoner comedies of Seth Rogen and his writing/producing partner Evan Goldberg. What can I say? They make me laugh. Still, I reserved my enthusiasm for this

one, having learned long ago that even an apparently air-tight set-up can be ruined in the execution. Not so, in this case. *The Night Before* is exactly what it appears to be: a raunchy, foul-mouthed, episodic buddy comedy; and it works.

Isaac (Rogen), Chris (Anthony Mackie) and Ethan (Joseph Gordon-Levitt) have spent Christmas Eve together every year since Ethan's parents were killed by a drunk driver 14 years ago. This year, Isaac, now a lawyer with a baby due any minute, and Chris, an NFL player experiencing a late-career resurgence, have decided it's time to retire the tradition. Ethan, whose life has stalled a bit, reluctantly accepts their decision, but not before he snags three tickets to the exclusive, mythological Nutcracker Ball: the white whale of New York City holiday debauchery. The three decide to go out with a bang, armed with a box of psychedelics and a ridiculous limo. As the night progresses, they each confront their own fears and weaknesses in a series of ridiculous but generally authentic-feeling events.

Co-written and directed by Jonathan Levine (50/50), *The Night Before* succeeds in balancing drug-based, hard-R comedy with genuine insights into contemporary masculinity, societal expectation and growing up in one's mid-30s. Fun and funny, well-acted by a likeable cast, festooned with Christmas decorations and clever cameos, it could be the antidote to the seasonal affective disorder brought on by *The Hunger Games*. R. 101M. BROADWAY, MILL CREEK.

SECRET IN THEIR EYES, adapted by Billy Ray from the 2009 Best Foreign Language Oscar winner from Argentina, *El Secreto de sus Ojos*, tells two halves of a

story separated by more than a decade. In early 2002, a joint counter-terrorism task force convenes in Los Angeles. They are tasked with the surveillance of a mosque suspected to harbor a terrorist cell. In the midst of the operation, the daughter of investigator Jess Cobb (Julia Roberts) is raped and murdered. Fellow agent and friend Ray Kasten (Chiwetel Ejiofor) begins an unsanctioned investigation and finds the killer. With help from deputy District Attorney Claire Sloan (Nicole Kidman), with whom Ray is in deep, unrequited love, the killer confesses. Because he is an integral part of the mosque investigation, though, the DA refuses to prosecute him.

Thirteen years later, having long since left law enforcement, Ray returns to Los Angeles. Claire has become District Attorney. Jess, hollowed and withered by her daughter's death, is a lead investigator. Ray has spent the intervening years searching for the killer and, convinced he has found him, implores Claire to re-open the case.

Secret in Their Eyes showcases the powerful actors in its cast, and works reasonably well as an old-fashioned thriller. The approach to the material is a little tame though, almost antiseptic, so in spite of some powerful moments, it doesn't sustain enough tension to be truly compelling. And the twist ending, laid at our feet so summarily, undoes the cumulative effect of the rest of the movie. PG13. 111M. BROADWAY, MILL CREEK.

— John J. Bennett

For showtimes, see the Journal's listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456.

MOVIES & EVENTS
Nov 27 - Dec 2

Fri Nov 27 – Jurassic Park (1993), Doors @ 7:30 PM, Movie @ 8:00 PM, Film is \$5, Rated PG-13.

Sat Nov 28 – Random Acts Of Comedy, Doors @ 7:30 PM, Hilarity @ 8 PM, \$6, Ages 10 +.

Sun Nov 29 – The Boxtrolls (2014), Doors @ 5:30 PM, Movie @ 6:00 PM, Film is \$5, Rated PG.

12/2 – Sci Fi Night ft. Monster from a Prehistoric Planet (1967), Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase.

Arcata Theatre Lounge f
arcatatheater.com • 822-1220 • 1036 G St.

Previews

CREED. Sorry, not the band. An ailing Rocky (Sylvester Stallone) gets in the corner of his old pal Apollo's son, Adonis (Michael B. Jordan) — what else is Apollo Creed going to name his kid? — a young fighter with a chip on his shoulder, a name to live up to and a training montage to film. *R. 101M. BROADWAY, FORTUNA, MILL CREEK.*

THE GOOD DINOSAUR. Animated interspecies buddy movie set in an alternate universe in which dinosaurs and humans coexist. With Jeffrey Wright and Frances McDormand. *PG. 100M. BROADWAY, FORTUNA, MILL CREEK.*

SPOTLIGHT. True-life drama about the rampant sexual abuse and cover-ups in the Catholic church and the team that broke the story at the *Boston Globe*. Starring Mark Ruffalo and Rachel McAdams (who are nearly as attractive as real journalists). *R. 101M. BROADWAY, MILL CREEK.*

VICTOR FRANKENSTEIN. A hump-less Daniel Radcliffe gives Igor's take on the body-snatching, monster-making adventure and laboratory bromance with the good-ish doctor, played by James McAvoy. With a pale and nasty Andrew Scott. *PG13. 109M. BROADWAY, FORTUNA, MILL CREEK.*

BROOKLYN. An Irish immigrant is pulled between her roots back home and the new life and inter-cultural romance she's started with a swell Italian-American fella in New York. (Love story aside, swoon over the 1950s costuming.) *PG13. 111M. MINOR.*

Continuing

LOVE THE COOPERS. A pile-up of talented actors (John Goodman, Diane Keaton, Alan Arkin, Marisa Tomei) do their best in a wreck of a holiday-family-dysfunction comedy that, surprisingly, takes itself too seriously. *PG13. 107M. BROADWAY.*

THE MARTIAN. Ridley Scott directs Matt Damon as a stranded astronaut in a compelling, exciting and life-affirming space drama. *PG13. 141M. BROADWAY.*

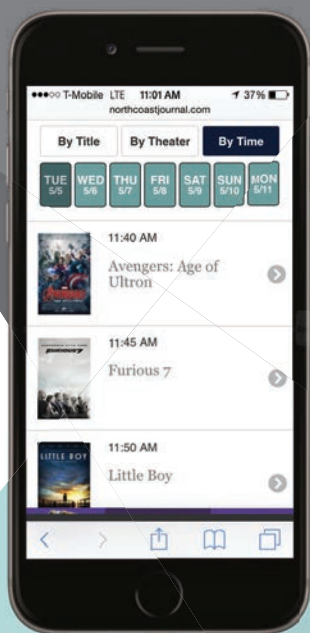
THE PEANUTS MOVIE. Snoopy and the gang put their enormous heads together again for this animated feature. Spoiler: He may try and kick that football again. *G. 93M. BROADWAY, FORTUNA.*

SPECTRE. Daniel Craig returns for more sharp-suited globe trotting and plot foiling with nods to classic Bond films. Innovative action and plenty of thrills and gadgetry, but heavy on the soul searching. With Christoph Waltz and Lea Seydoux. *PG13. 148M. BROADWAY, MILL CREEK, FORTUNA.*

—Jennifer Fumiko Cahill ●

MOVIE TIMES. TRAILERS. REVIEWS.

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m.northcoastjournal.com



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times and theater.

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Workshops & Classes

Continued on next page »

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Arts & Crafts

POTTERY CLASSES AT FIRE ARTS. Next session January 4 - March 12, 2016 Full schedule of classes @ fireartsarcata.com or call 707-826-1445 Sign up today! 520 South G Street in Arcata (AC-1224)

UPCYCLING CLASSES AT SCRAP HUMBOLDT For Youth & Adults! For the full schedule visit www.scraphumboldt.org (707) 822-2452

Communication

EFFECT OF PRAYER EXPLORED AT LIFETREE CAFÉ The effectiveness of prayer will be explored at Lifetree Café on Sunday, November 29 at 7 p.m. The program 'titled "Prayer: Could a Conversation With God Change Your Life?"' features a filmed interview with former PGA golf pro Wally Armstrong, who found an unusual way to make his prayers more meaningful. Lifetree Café is a Free Conversation Café - Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or boddipert@hotmail.com or www.lifetreecafe.com (C-1126)

SURVIVAL SPANISH FOR SCHOOL ADMINISTRATORS, TEACHERS, & SUPPORT STAFF Thurs. Jan 21 -Feb 11 2016 5:30-7:30PM Fee: \$80 Includes textbooks w/audio CDs. This is a very basic class for people little to no Spanish speaking skills. Learn general greetings and exchanges, attendance issues, playground, buses, meeting with parents and more. Call College of the Redwoods Community Education at 707-476-4500 for more information (V-1126)

Computer

MATH FOR CONSTRUCTION-NEED TO STRENGTHEN YOUR MATH SKILLS TO BECOME A CONTRACTOR? Class is instructed by Alan Cook author of "A Trip to The Number Yard A fun and easy guide to the math you need for construction.. and nothing else." Mon & Wed Jan. 25-Feb 3 2016 9-11AM Fee: \$160 Call College of the Redwoods Community Education at 707-476-4500 for more information (C-1126)

Dance/Music/Theater/Film

DANCE WITH DEBBIE: Remember the innocence of dancing when you were little? Remember moving to the music and just feeling the joy of dancing? That's what we work on recapturing. We are your ballroom dance experts, offering group and private lessons in a non-threatening environment. (707) 464-3638, debbie@dancewithdebbie.biz (D-1231)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-1126)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-1126)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-1126)

WEST AFRICAN DANCE W/ LIVE DRUMMING. Tues.'s, All Level Class, 5:30 p.m -7 p.m. Thurs.'s Beginning/Breakdown, 7 p.m.-8 p.m., Redwood Raks Dance Studio, Arcata. Facebook Arcata West African Dance or contact Heather (707) 834-3610. (DMT-1126)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-1126)



What's your food crush?

We're looking for the best kept food secrets in Humboldt.

Email your tip (*Is it a burger? A cookie? A fried pickle?*) and we'll check it out for the Hum Plate blog.

Email jennifer@northcoastjournal.com

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Continued from previous page

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1126)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1231)

Kids & Teens

POTTERY CLASSES AT FIRE ARTS. Next session January 4 - March 12, 2016 Full schedule of classes @ fireartsarcata.com or call 707-826-1445 Sign up today! 520 South G Street in Arcata (KT-1224)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

CREATING BALANCE: BUILDING STRENGTH. WITH RANDI SWEDENBURG. Mondays & Wednesdays, Nov. 30-Dec. 16 from 1-2 p.m. in Arcata. This exercise class focuses on improving balance and building strength to reduce the risk of falling. Supports the exercises recommended from the Seeking Balance course.. OLLI Members \$45/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1126)

BOOK ARTS:BOOK OF WORDS, COPTIC STITCH. WITH MICHELE OLSEN Explore the written word as an art form as you create pages for your small book. Tues. & Thurs., Dec. 8 & 10 from 1-4 p.m. OLLI Members \$65/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1203)

GENTLE YOGA. WITH PATRICIA STARR. Mon., Nov. 30-Dec. 14 from 1-2:30 p.m. Learn the basic foundation, the use of props, correct alignment, conscious relaxed breathing and all of the basic stretches. OLLI Members \$55/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1126)

INTRODUCTION TO CORE EXERCISE. WITH JOANNE FORNES. Using breath and body awareness, learn basic moves to gently and effectively engage your core abdominal muscles. This one-day class is an introduction to the longer OLLI Pilates Plus. Wed., Dec. 2 from 10-11:30 a.m. OLLI Members \$10/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1126)

POTTERY CLASSES AT FIRE ARTS. Next session January 4 - March 12, 2016 Full schedule of classes @ fireartsarcata.com or call 707-826-1445 Sign up today! 520 South G Street in Arcata (50-1224)

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SPINELESS: MARINE INVERTEBRATES OF THE PACIFIC NORTHWEST. WITH SUSAN MIDDLETON. Explore marine invertebrates, view original slide images of these intricate, fascinating and colorful creatures and discover the techniques used to produce wall-sized, precise portraits of these elusive, and often tiny, subjects. Sat., Dec. 5 from 1-4:30 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1126)

THE HEART OF INDIA: THE TOUR WITHOUT THE AIRFARE. WITH ROLLIE LAMBERSON AND RICK VREM. Learn about India, a country of ancient cultures, spectacular structures, and incredible color. Tues., Dec. 8 from 6-8 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-1203)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org **EUREKA:** Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com . (S-1224)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. . Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-1126)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m, Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com, www.kdkarcatagroup.org (S-1126)

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every Mon. 7 p.m-8 p.m., Isis Suite 48, Sunny Brae Center. Donations welcome. (707) 502-9217 (S-1126)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-1029)

TRANSMISSION MEDITATION Wednesdays 6-7pm Isis Osiris Healing Temple 44 Sunny Brae Ctr, Arcata TransmissionMeditation.org 707-681-9970 (S-1210)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-1126)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1126)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m -7:45 p.m, at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-1126)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-1123)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0421)

WE NEED TO TALK - FAMILY CONVERSATIONS WITH OLDER DRIVERS Free AARP class offers practical tips and advice for families to talk about driving safety concerns with their loved ones in a sensitive and successful way. Presented by Peggy Bell-Hans OTR/L. Area 1 Agency on Aging 434 7th St., Eureka. December 10, 2015 10:00am-11:30am. Call to register 707-845-3201 or email otonwheels@pbell-hans.com (TS-1203)

Vocational

8 WEEKS OF INTERMEDIATE BOOKKEEPING TRAINING Mon. & Wed. Jan 11-March 7 2016 8:30AM-12:30PM, Fee: \$595 includes textbook. Scholarships may be available. Call College of the Redwoods Community Education at 707-476-4500 for more information (V-1126)

MICROSOFT OFFICE PROFESSIONAL 2013 CERTIFICATE CLAS is held January 12, 14, 19 and 21st 2016 9AM- 3:30PM Fee: \$350 Learn basic office skills in this great 4-day class. Call College of the Redwoods Community Education at 707-476-4500 for more information (V-1126)

SERVSAFE MANAGER CERTIFICATE Tues. Dec. 1st 8:30am-5:00pm Fee: \$175 Includes textbook. College of the Redwoods Community Education 525 D Street Eureka Call 707-476-4500 (V-1126)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Dandelion Herbal Center classes with Jane Bothwell. Festival of Herbs: Visiting Teachers Series. Dec. 2015 - May 2016. Meets the 1st weekend of the month for intermediate to advanced herb students and health care practitioners. Learn from renowned herbalists: Rosemary Gladstar, Christopher Hobbs, Amanda McQuade-Crawford, Kevin Spelman, Kathleen Harrison and Jessica Baker! Beginning with Herbs. Jan. 13 - March 9, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Medicinal Cannabis Conference. April 23-24, 2016. Presenters are international, national and local experts that will utilize substantiated research and experience to advance your knowledge base on Cannabis to the next level! Register online www.dandelionherb.com or call (707) 442-8157. (W-1203)

MASSAGE SCHOOL INFORMATION NIGHT AT ARCATA SCHOOL OF MASSAGE. Free introductory lesson and discussion about massage school. Tuesday, January 12 at 5 p.m. Visit arcatamassage.com or call (707) 822-5223 for info.. (W-0128)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-1126)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
SHASTA LYNN GRAHAM
CASE NO. CV150443
SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501

PETITION OF:
SHASTA LYNN GRAHAM
TO ALL INTERESTED PERSONS:
Petitioner: Shasta Lynn Graham

for a decree changing names as follows:
Present name
SHASTA LYNN GRAHAM
to Proposed Name
SHASTA LYNN PHILLIS

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: December 28, 2015
Time: 1:45 p.m., Dept. 8
SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: November 6, 2015
Filed: November 9, 2015
/s/ Dale A. Reinholtsen
Judge of the Superior Court

11/19, 11/26, 12/3, 12/10/2015 (15-236)

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VIOLENCE SERVICES
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1-866-668-6543

RAPE CRISIS TEAM
CRISIS LINE
445-2881

NATIONAL CRISIS
HOTLINE
1-800 SUICIDE
(1-800-784-2433)

NATIONAL SUICIDE
PREVENTION LIFELINE
1-800-273-TALK

SHELTER HOUSING
FOR YOUTH
CRISIS HOTLINE
444-2273

FICTITIOUS BUSINESS NAME
STATEMENT 15-00589

The following person is doing Business as **Holon Consulting**
2180 Lexington Ct., McKinleyville, Ca 95519

Timothy G. Weidman, 2180 Lexington Ct., McKinleyville, CA 95519

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Timothy Weidman, Owner
This statement was filed with the County Clerk of Humboldt County on October 15, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/5, 12, 19, 26 (15-229)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00616

The following person is doing Business as **FULL SPECTRUM PHOTOGRAPHY**
Humboldt, 300 Seascape Ln, Trinidad, CA 95570
PO Box 4891, Arcata, CA 95518
Esther Stewart 300 Seascape Ln, Trinidad, CA 95570

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Esther Stewart, Owner
This statement was filed with the County Clerk of Humboldt County on October 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/19, 11/26, 12/3, 12/10 (15-237)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00649

The following person is doing Business as **A-OK MANAGEMENT SERVICES**
Humboldt, Highway 254 Avenue of the Giants #12, Phillipsville, CA 95559

**PO Box 25, Phillipsville, CA 95559
Melissa I Richmond Highway 254 Avenue of the Giants #12, Phillipsville, CA 95559**

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Melissa L. Richmond, Executive Officer
This statement was filed with the County Clerk of Humboldt County on November 12, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/19, 11/26, 12/3, 12/10 (15-235)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00613

The following person is doing Business as **HUMBOLDT SOLAR**
Humboldt, 510 5th Street, Arcata, CA 95521

Ricardo Cedillo 510 5th Street, Arcata, CA 95521
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ricardo Cedillo, Owner
This statement was filed with the County Clerk of Humboldt County on October 27, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/12, 19, 26, 12/3 (15-233)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00615

The following person is doing Business as **EVOLUTION T-SHIRTS**
Humboldt, 211 2nd St. #1, Eureka, CA 95501

Peter M Clark 211 2nd St. #1, Eureka, CA 95501

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Peter M. Clark, Owner
This statement was filed with the County Clerk of Humboldt County on October 28, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

11/19, 11/26, 12/3, 12/10 (15-238)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00637

The following person is doing Business as **COMMUNITY VISION HEALING**
Humboldt, 4041 Brookwood Dr., Bayside, CA 95524

Jamila T Tharp 4041 Brookwood Dr., Bayside, CA 95524
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jamila Tharp, Owner
This statement was filed with the County Clerk of Humboldt County on November 5, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/26, 12/3, 12/10, 12/17 (15-239)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00605

The following person is doing Business as **LE'E DUBOIS A COSMETIC REVOLUTION**
Humboldt, 621 Fourth Ave, Blue Lake, CA 95525

Humboldt Grace, LLC, 621 Fourth Ave., Blue Lake, CA 95525

The business is conducted by A Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jennifer Nicoletto, Esq, Attorney for LLC
This statement was filed with the County Clerk of Humboldt County on October 210, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/5, 12, 19, 26 (15-228)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00640

The following person is doing Business as **MIGUEL'S**
Humboldt, 100 Main St., Scotia, CA 95565
PO Box 18, Scotia, CA 95565
Gallaghers Irish Pub, Inc 3b3b15b 139 2nd Street, Eureka, CA 95501

The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Kelly A. Erben, Vice President Secretary
This statement was filed with the County Clerk of Humboldt County on November 6, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/19, 11/26, 12/3, 12/10 (15-234)

FICTITIOUS BUSINESS NAME
STATEMENT 15-00590

The following person is doing Business as **Boomer's Boutique**
2238 Albee St., Eureka, CA 95501
Arlene A Hagan 2238 Albee St., Eureka, CA 95501
The business is conducted by An Individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Arlene A. Hagan, Owner
This statement was filed with the County Clerk of Humboldt County on October 15, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

11/5, 12, 19, 26 (15-230)

Notice Is Hereby Given

that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700-21716 of the Business and Professional Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will be sold at public auction by competitive bidding on the 4th day of December, 2015, at 11:00 AM on the premises where said property has been stored and which are located at INDIANOLA STORAGE, 673 Indianola Cutoff, Eureka, County of Humboldt, State of California. The following units will be sold:

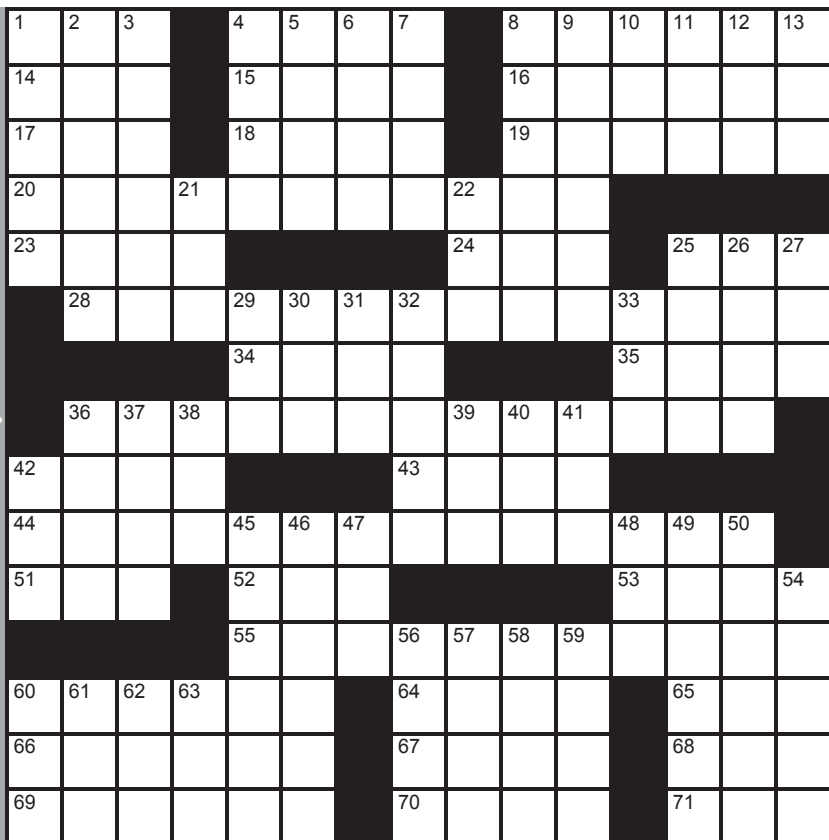
Stacey Salas- unit #142 - Misc.
Household items
Frank Linkenburg - unt #225 - Baby grand piano
Ben (Matt) Miller - unit #239 - Misc. Household items

Purchase must be paid for (cash only) and removed at the time of the sale, with the unit left broom clean. Sale is subject to cancellation in the event of settlement between owner and obligated party. Owner reserves the right to bid. Call 442-7613.
Indianola Storage, Jerry Avila, bond #0327592

11/26, 12/3 (15-240)

SUBMIT *your* CALENDAR
EVENTS

OR BY
ONLINE
northcoastjournal.com | calendar@northcoastjournal.com
E-MAIL



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ONLY IN AMERICA

ANSWERS NEXT WEEK!

ACROSS

1. "Notorious ____" (2002 one-woman stand-up comedy film)
4. 2002 Cy Young Award winner Barry
8. Estevez of "The Breakfast Club"
14. Curtain holder
15. Picked out of a lineup
16. Strong of "SNL"
17. Pilot's announcement, briefly
18. Emperor who committed matricide
19. Scramble 10-pointers
20. Person holding an 1815 Jane Austen novel?
23. Oscar-winning role for Cotillard
24. ____ Records
25. Police dept. rank
28. What the dragster made in pottery class?
34. 2014 biblical title role
- for Russell Crowe
35. Guilty, e.g.
36. "What a country!" (or where you'll find the letters used to solve 20-, 28-, 44- and 55-Across)
42. Chips Ahoy! alternative
43. Annual film-and-music festival named for its location in Austin, TX
44. What Ben Cohen and Jerry Greenfield each opted for, professionally?
51. Boy
52. '80s sitcom puppet
53. Scientology guru ____ Hubbard
55. Apple computer made from yarn?
60. Imagined while sleeping
64. Greek war god
65. Britney Spears' ____
- "____ Slave 4 U" Mountain" director
67. Big pile
68. Grp. seeking to improve No Child Left Behind
69. Chews out
70. "Death in Venice" author
71. Newspaper heads, for short
- term meaning "to boil"
9. Kind of system
10. Here, to Henri
11. Rap's ____ Wayne
12. Project's end?
13. Kvetchers' cries
21. It's south of Eur.
22. Suffix with cash
25. Org. headed by MLK Jr. and MLK III
26. Greek earth goddess
27. ____-la-la
29. Whichever
30. "Who, me?"
31. McKellen of "X-Men"
32. It's hard to get across
33. Prefix with dermis
36. Its name features the postal abbreviations of U.S. states it swims by during migration
37. Call for
38. "Funky Cold Medina" rapper Tone ____
39. 1090, on a monument
40. Finnish hockey star Tikkanen
41. Pres. between JEC and GHWB
42. It may be struck in a field
45. Rear-ended, e.g.
46. Thrills
47. Pro Bowl div.
48. Wallach of "The Magnificent Seven"
49. Fur for a stole
50. Didn't stay put
54. March Madness, with "the"
56. Chicago mayor Emanuel
57. Vicinity
58. Uncharitable
59. Channel with postgame analysis
60. Prosecutors, for short
61. GOP org.
62. Opposite of humility
63. The works

DOWN

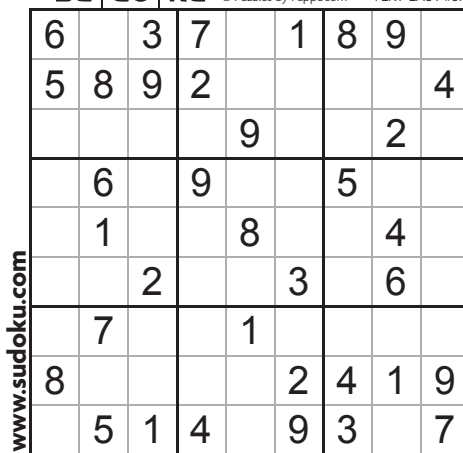
1. Hardly Mr. Right
2. Feedback producer
3. Whoopi's Oscar-winning role in "Ghost"
4. ____ oxide (beachgoer's protection)
5. Brainchild
6. Guam, e.g.: Abbr.
7. It stinks
8. Skin condition that comes from a Greek

LAST WEEK'S ANSWERS TO MONEY



su | do | ku

© Puzzles by Pappocom VERY EASY #57



www.sudoku.com

HumBug

Coming Back and Slipping Away

By Anthony Westkamper

humbug@northcoastjournal.com



Sorry, mycologists. The fungus gnats are among us. Photo by Anthony Westkamper

Look What the Rains Brought

As the seasons change, the macro invertebrate fauna (aka bugs) change. It's November, and it finally rained at my house. At night I'm seeing my long awaited friends, the glow worms. Rapacious slug hunters, these little firefly relatives are usually found on the ground among conifer needle litter when it's soupy, wet and dark. Looking like tiny chartreuse LEDs, most that I saw a few nights ago were especially tiny, just over 1/4 inch long, and as big around as pencil lead, indicating they may be newly hatched from eggs that sat dormant in burrows over the long dry summer, awaiting the wet conditions that make for good hunting.

The camel crickets are out and about now as well. For the most part they are innocuous little creatures up to 3/4 inch long. Preferring damp conditions, they can be found in basements, sheds and unheated garages. I understand that in large numbers they can become pests, eating many organic items including natural fiber cloth, fruits and vegetables.

A distant relative out now too is the ponderous Jerusalem cricket, commonly known as a potato bug. These guys can get pretty big and are a bit intimidating. They are native only to the western United States. They have nothing to do with the city of Jerusalem; it's suspected a Native American name for them sounded like that to missionaries. Their high domed head isn't filled with brains, but muscles to operate a set of bolt cutter like mandibles. If one were to bite you, I would not be surprised if it drew blood. In my experience they are more likely to kick at you with their large, spiky hind legs. However, when you disturb them they usually pull in their legs and play possum.

Finally, the change to damp ground brought mushrooms and, along with them, the critters that live off of them, including fungus gnats. The bane of mushroom hunters, their maggots can infest edible as well as toxic species. The presence of the little "worms" is not a good indicator of edibility for us humans.

Scaly Protection

The order of butterflies and moths, *Lepidoptera*, gets its name from Greek words meaning "scale wings." Like a mosaic, those scales make up each species' distinctive markings. Listed in the literature are ways those minute scales contribute to the animal's well being. As a layer of insulation, they help with thermo-regulation. They distribute pheromones known to be important for boys looking for girls, and I suspect one other thing.

Anyone who has handled a butterfly or moth has probably found those scales come off easily. I have ruined more than one



A buckeye butterfly.

Photo by Anthony Westkamper

good specimen by merely touching them with a slightly sweaty finger.

In a life perpetually at risk from spiders' snares, those loosely held scales might act as flour on the baker's hands when kneading bread, or talc on a pool cue. The particles adhere to the spider's silk, but they pull off easily, allowing the animal to slip away. I have seen moths, attracted to a light, flutter repeatedly through a spider web while other insects were captured. That is not to say it makes them completely immune to the web's adhesive, but I suspect it does reduce the danger, significantly increasing their chances, which is often enough. Survival of a species is, after all, a matter of odds.●



GET HELP PAYING FOR CHILD CARE!

Changing Tides Family Services has funding available!

We can also help you find child care and connect you with other family resources.

Call **707-444-8293** or visit our offices at **2379 Myrtle Avenue** in Eureka.

www.changingtidesfs.org

Employment

Opportunities

JOB OPENING

Humboldt Plaza has an opening for Security Guard \$12.00 per hr. Immediate. Apply at Office, Bldg 17, 2575 Alliance Rd., Arcata Phone 822-4104.

AIRLINE CAREERS. Start here - If you're a hands on learner, you can become FAA Certified to fix jets. Job placement, financial aid if qualified. Call AIM 800-481-8389. (E-1126)

AIRLINE CAREERS begin here - Get started by training as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN)

AMERICAN STAR PRIVATE SECURITY. Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262. (E-1231)



TEMP ASSOCIATE TEACHER- JEFFERSON HS

Assists teacher in the implementation and supervision of activities for preschool children. Requires a minimum of 12 ECE units—including core classes—and at least one year experience working with young children. **Part-time** temporary, 32 hrs/week (school year), \$10.36-\$10.88/hour. Review date: 12/4/15

HOUSEKEEPER-VARIOUS LOCATIONS

Perform duties required to keep site clean, sanitized & orderly. Must have experience & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements.

Part-time \$9.46-10.00 per hour. **Review Date:** 12/4/15

ASSISTANT COOK-SONOMA

Duties include assisting in the preparation & organization of food, setting-up meals & snacks and kitchen cleanup for a preschool facility. Requires basic cooking skills. Prior experience in food handling and service desired. **Part-time:** M-TH \$9.12-\$9.39 per hour. **Review Date:** 12/4/15

Submit application, resume & cover letter to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For additional information, please call 707- 822-7206 or visit our website at www.ncsheadstart.org



Come join Mad River Community Hospital and enjoy the satisfaction of working with a team.

Yes, you can be happy at work....here. If you have to work, why not do so with some of the best in the business. We are looking to hire a **Human Resource Manager**. Experience in payroll and Human Resources for a hospital.

Look on our web site for openings:

www.madriverhospital.com



Looking for a Career Opportunity?
Well look no further!



Bear River Casino Hotel is hiring for the position
of Line Cook!

→ Training is FREE and will be provided to serious candidates who are looking to start a career and train to become a sous chef. Must be able to pass a pre-employment drug screening.

→ Pay range is \$11-\$15 an hour!

→ This position is full time so in addition to a great career opportunity and training you will receive 401k with matching, paid time off, medical, dental, and vision!

To apply go to bearrivercasino.com/careers For questions or concerns call 707-733-1900 x167

EXECUTIVE DIRECTOR

Fern Cottage Historic House Museum
Salary range \$20/hr. - \$30/hr. B.O.E.

Half-time with potential for full-time position. Overseeing care/preservation of museum artifacts/archives; grant-writing; maintaining regular open hours; supervising staff/volunteers/tours; liaison with groups renting Fern Cottage grounds for events; fund-raising activities in conjunction with board of directors; representing/promoting Fern Cottage in the community and to other history oriented organizations.

Submit letter of interest and resume with contact information for three references to

Director Search

P.O. Box 1286, Ferndale, CA 95536.

In 2016 Fern Cottage celebrates 150 years.

See facebook.com/FernCottageHistoricDistrict and visit ferncottage.org.



Planned Parenthood has the following position currently available at our Eureka Health Center.

FT & PT Reproductive Health Specialist II

These are non-exempt Part-Time 32 hours/wk & Full-Time 40 hours/wk positions that include weekends and Saturdays as needed. Salary \$13-\$15/hour + bilingual pay. Send resume and 3 references to careers@ppnorcal.org.

open door Community Health Centers

BEHAVIORAL HEALTH INTEGRATED PROVIDER

1 F/T Crescent City

CASE MANAGER REFERRAL SUPPORT

1 F/T Crescent City

DIETICIAN

1 F/T Eureka

GARDENS AND FOOD RESOURCES ASSISTANT

1 P/T Crescent City

LAB ASSISTANT

1 F/T Crescent City

LICENSED CLINICAL SOCIAL WORKER

1 F/T Eureka

LICENSED VOCATIONAL NURSE

1 F/T Willow Creek (Temp)

MEDICAL ASSISTANT I

1 F/T Ferndale

2 F/T Fortuna

MEDICAL ASSISTANT II

1 F/T Arcata

MEDICAL ASSISTANT III

1 F/T Crescent City

MEDICAL BILLER I

1 F/T Arcata

MEDICAL RECEPTIONIST

1 F/T Arcata (temp)

1 F/T Eureka

1 F/T (temp)

MEMBER SERVICES SPECIALIST

1 F/T Eureka

REFERRAL SUPPORT

1 F/T Eureka

REGISTERED DENTAL ASSISTANT I

1 F/T Eureka (Temp)

REGISTERED DENTAL ASSISTANT II

1 F/T Crescent City

1 F/T Eureka (Temp)

REGISTERED NURSE

1 F/T Arcata

1 F/T Crescent City

1 F/T Eureka (Peds)

1 F/T Willow Creek

SITE ADMINISTRATOR

1 F/T Arcata

SITE PMS/EMR SPECIALIST

1 F/T McKinleyville

Visit www.opendoorhealth.com to complete and submit our online application



Redwood Coast Regional Center

Be a part of a great team!

SERVICE COORDINATOR (CASE MANAGER)

1 FT in Eureka, CA. Advocating & coordinating services for older children with developmental disabilities. Requires MA or BA with experience in human services or related field. Salary range \$2783 - \$3916. Excellent benefits.

Visit www.redwoodcoastrc.org for more information & required documents.

Closes 11/30/15 at 5PM. EOE



United Indian Health Services, Inc.

Application deadline: November 30, 2015

Nutrition Manager/ Dietician

Manager nutrition programs which educates and promotes health and wellness throughout the Community. Arcata/Full Time

Lab Assistant

Perform specimen collection and routine Diagnostic test with supervision. Crescent City/Smith River/ Per Diem, Weitchpec/Smith River /Full Time

Electronic Health Records Technician

Trains and coordinates staff using Electronic Health Records. Tracks training of staff in education plans for EHR. Arcata/Full Time

Cultural Resource Specialist

Promotes awareness of culture and traditions through the Native American Community.

Facilities & Safety Program Technician

Assist the Facilities Manager, staff training, Safety Program Officer & various activities Diabetes Program Manager Implements prevention efforts in community and provides clinical coordination with medical providers Arcata/Full Time

Nutrition Manager/Dietician

Manages all programs, planning developing and implementing WIC, Elder/Community Nutrition

Front Office Assistant ~ Dental

Greet & schedule patients/ operate multiline phones Arcata/ Per-Diem

Clinical Nurse

Weitchpec ~ Provide appropriate sensitive care.

Medical Assistant's

Weitchpec/Arcata/Fortuna ~ Assists with examination and treatments must be injection certified with a current BLS.

Medical Provider - MD/DO or FNP/PA

Provides general medical care and treatment to patients in medical facility such as a clinic, health center, or public health agency. Smith River/Del Norte /Full Time/Open Until Filled

OB /NA-AS Coordinator-Clinical Nurse

Manages Obstetrics Program working closely with Providers. Arcata/Full Time

Job description & salary range posted on website. Employment application available online at

www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@crihb.org

Serving the Native American Community since 1970.

In accordance with PL 93-638 American Indian Preference shall be given all. Applicants welcome.



SEQUOIA PERSONNEL SERVICES INC.

445-9641 • 2930 E Street Eureka, CA 95501
www.sequoiapersonnel.com



Planned Parenthood has the following position currently available at our Eureka Health Center.

Part-Time Clinician II - 5k Sign On Bonus

The Advanced Practice Clinician (NP, PA or CNM) provides care under the standing orders and medical supervision of the Medical Director in accordance with PPFA and PPNorCal Medical Guidelines. This is a non-exempt, PT position working 24 hours/wk including evenings and Saturdays as needed.

Salary is DOE + Bilingual Differential. Send cover letter, resume and 3 references to careers@ppnorcal.org



MEDICAL SOCIAL WORKER

Hospice of Humboldt has an exciting opportunity for a Medical Social Worker. This 3/4 time (M-F), benefited position works as a key member of an interdisciplinary team to assess and respond to the psychosocial, practical, financial, and legal concerns of Hospice patients and their families through visits and telephone calls. The ideal candidate will have a Master degree in Social Work (MSW), healthcare experience and a passion for providing heartfelt end-of-life care. Please visit our website to view the full job description and application instructions.

www.hospiceofhumboldt.org



**Southern Humboldt Community Healthcare
District is now accepting applications for:**

CLINICAL LABORATORY SCIENTIST

Full time position. California certification required. Includes shared call.

ADMINISTRATIVE ASSISTANT/MEDICAL STAFF COORDINATOR

Full time position. Associates degree preferred. Minimum five years secretarial experience required. Computer literacy required.

REGISTERED NURSE

Full time, Part time, or Per Diem position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 8-hour shifts in our outpatient clinic or 12-hour shifts in our 8=bed skilled nursing facility.

*Full Benefits package to Full Time Employees:

Paid Time Off (PTO), medical, dental, vision, life insurance, retirement plan with employer match and discounted local gym membership.

Health Insurance for Part Time Employees

*Shared housing available between shifts

Visit www.shchd.org for more information and to apply
Or call (707) 923-3921 ext. 230



CLEANER/PAINTER

Cleaner needed for rental units. Janitorial and painting experience desired. Must be able to lift 50 lbs. and use a ladder. Need to have reliable vehicle for hauling, valid license & insurance. Background check required.

Mon-Fri F/T with benefits and mileage reimbursement. Supplies and equipment provided. \$11.00+ hr. DOE. EEOC.

Apply at 710 E Street, Ste. 140, Eureka, call 444-3835 x110, or e-mail susan@ppmrentals.com.



Humboldt County Office of Education

Custodian/ Maintenance

Full-time, M-F, 7.5 Hrs./Day, \$12.46 – \$17.19/hr., salary DOE.

Requires graduation from high school or comparable basic competence; must be at least 18. Eligible for Health & Welfare, PERS.

Apply at HCOE or online at:
www.humboldt.k12.ca.us

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave, Eureka, CA 95501 **Closes: 12/1/15, 4 PM.**

YUROK TRIBE JOB OPENINGS

For more information go to: www.yuroktribe.org

#0716 BUS DRIVER/CUSTODIAN

RG/FT KEPEL \$15.86-\$20.62 REVIEW: 11/30/15

#0587 HEAD START TEACHER

RG/FT KEPEL \$17.69-\$22.98 REVIEW: 11/30/15

#0725 EMERGENCY SERVICES SPECIALIST

RG/FT KLAMATH \$19.15/\$21.20 REVIEW: 12/4/15

#0726 CLERICAL ASSISTANT (COUNCIL SUPPORT)

RG/FT KLAMATH \$15.45 REVIEW: 12/11/15

#0727 HOME BASE TEACHER (HEAD START/EARLY HEAD START)

RG/FT EUREKA \$17.69 - \$22.98 1ST REVIEW: 11/30/15

#0728 CLERICAL ASSISTANT (EDUCATION)

RG/FT KLAMATH \$15.45-\$22.39 12/04/15

#0729 RESOURCE DEVELOPMENT COORDINATOR

RG/FT KLAM/EUR \$19.15/\$21.20 REVIEW: 11/30/15

#0730 PEER YOUTH LIAISON

RG/FT KLAM/EUR/WEIT \$13.81 REVIEW: 11/30/15



Manager of Asset Protection

SUMMARY: To direct the safety, security and asset protection priorities of North Coast Co-op. Responsible for providing a high degree of security for shoppers, employees and the various assets of the Co-op. The Manager of Asset Protection (MAP) will support and train employees on safety and security protocols and procedures, respond to store emergencies and ensure safety and Loss Prevention programs are successfully designed and implemented. Full Time, Salary \$32,244-\$48,048

For a detailed job description and application go to: www.northcoastcoop.com/about.htm#employment or pick one up at either store location.

Please submit application to either store location in Arcata or Eureka, email to sarahburns@northcoast.coop or send via USPS to North Coast Cooperative in Arcata.



KITCHEN & HOUSEKEEPERS

Want your job to be meaningful?
On-Call to join team at behavioral health center.
Cook \$11.31/hr
Housekeeping \$10.14/hr
EEO/AA/Minority/F/Vet/
Disability Employer.
2370 Buhne St, Eureka



IT TECHNICIAN Join our casual, flexible intl supply chain w/ERP. Knowledge of computer software, relational database, MS dev tools (VB, .NET), & networks. SQL, DBA & EDI a plus! Full benefits package & smart, fun team! Send resume to Careers@ToucanJewelry.com



The Tip Top Club is currently looking for a part time bartender, bar back, DJ and security. Must be willing to work in a high stress fast paced environment.

Staff is expected to wear all black cocktail attire and work late nights. experience necessary but not required. Starting at \$10-\$12 per hour depending on position and experience.

Call (707) 443-5696
FABULOUSHIPTOP.COM

IMMEDIATE OPENING CARE & SUPPORT WORKER Awesome Job working in center and community with individuals with intellectual disabilities M-F 8:00-4:00. Must pass TB, Drug, Back ground test and have clean driving rec. Get job app. at 2800 School St. Fortuna.



Carefree Caregiver Hiring
NON-MEDICAL CAREGIVER START AT \$12.00 PER HOUR
Submit Resume to:
dana@caregiverhire.com.
Application to:
www.caregiverhire.com
(707) 443-4473



EMPLOYMENT OPPORTUNITIES
Deli Worker, PT
Security Officer 1, PT
Janitor, PT (2)
Cage Cashier, FT
Sunset Line Cook, PT
Valet, PT
Shuttle Driver, PT
Table Games Dealer/Dual Rate Sup, PT (2)
Sunset Waitstaff, PT
To apply visit our website at www.cheraeheightscasino.com

HOME CAREGIVERS PT/FT.
Non-medical caregivers to assist elderly in their homes.
Top hourly wages.
(707) 362-8045. (E-1231)



EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online.
For more information call 445-7039. (E-0625)



Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health. This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.
For more information, contact Tina Tvedt at (707) 923-2783 or send a resume to RRHC HR Dept., P.O. Box 769, Redway, CA 95560

Art & Collectibles



PLACE YOUR OWN AD AT:
classified.northcoastjournal.com

Auctions

PUBLIC AUCTIONS

THURS. DEC. 3RD 4:15PM

Estate furniture & household misc. additions incl. antique oak furniture, estate jewelry, coins & MORE!
INFO & PICTURES AT WWW.CARLJOHNSONCO.COM
PREVIEW WEDS. 11AM-5PM & THURS. FROM 11AM TO SALE TIME

THURS. DEC. 17TH 4:15PM

Estate furniture & household misc. additions



3950 JACOBS AVE. EUREKA • 443-4851

Clothing



FLASHBACK

Sale for November is: Sweaters



Merchandise

JEWELRY & WATCHES HALF OFF!
Dream Quest Thrift Store November 27-December 2. Where something wonderful happens every day: SENIOR DISCOUNT TUESDAYS, SPIN'N' WIN WEDNESDAYS, NEW SALE THURSDAYS, FRIDAY FRENZY & SATURDAY SECRET SPECIAL SALE. (530)629-3006.

Miscellaneous

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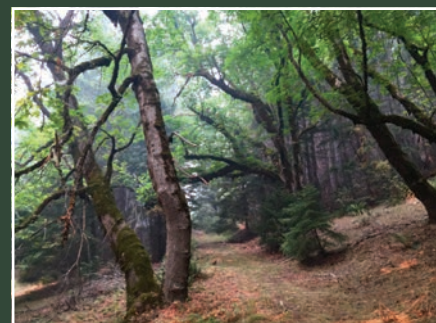
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Parcels have a variety of timber including Maple, Tan Oak, Cedar, Fir, Alder, Pine and Madrone. Several investment opportunities available. Qualified Buyers, please call us to discuss.

RUTH LAND/PROPERTY \$60,000

±5.5 Beautiful acres conveniently located next to the Ruth Store and Bar, just 10 minutes from Ruth Lake! Property features community water, PG&E at the street, and a developed camping site. The parcel is mostly wooded with a small meadow in the back of the property and a creek as one of the boundaries.



NEW LISTING!



FORTUNA LAND/PROPERTY \$650,000

This is a beautiful, newly remodeled home built in 2001 with modern updates on a private ±3.7 acre parcel! 2,500 square feet with 4 bedrooms, 2.5 baths, and a 3 car garage, space is no issue here. The amenities are endless: oak wood floors in kitchen and living area, carpeted bedrooms, state of the

art stainless steel appliances, new quartz countertops, and induction stove. There is automatic gated entry to the property, which features a small seasonal creek and chicken coop, all of which you can admire from your home's impressive wrap-around deck.

SMITH RIVER LAND/PROPERTY \$159,000

You are not going to want to miss the outstanding ocean views from this ±40 acre property! Property is made up of two separate parcels, ±20 acres each. With building sites, flats, a well and existing cabin all this affordable parcel is missing is you!





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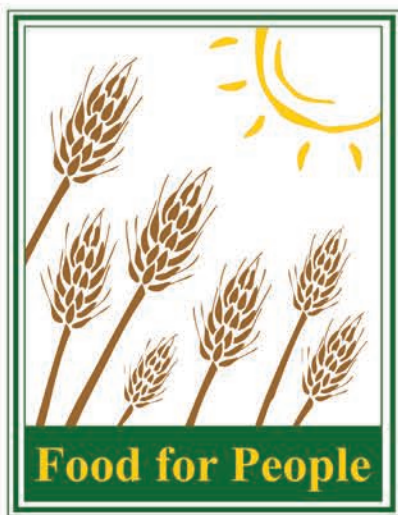
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Food Notes

The Newsletter of Food for People • The Food Bank for Humboldt County

Special Holiday Issue | November 2015



Sharing the Holiday Spirit

We know that the holiday season can be a difficult time for many families, and a little help can make all the difference. For low-income families struggling to get by, the additional pressure to provide a special meal and buy gifts for loved ones can be particularly overwhelming when resources are already stretched thin. Food for People can help, but we can't do it without the support of people like you in our communities.

The **Holiday Spirit Food & Fund Drive** is our largest and most comprehensive food and fund drive effort of the year. Almost 100 different businesses, organizations and groups participate in various food drives, fundraisers and fun, special events each holiday season. These annual efforts typically bring

in almost half of Food for People's total food drive donations for the year – over 63,800 pounds of food last year!

You may notice our food donation barrels and boxes adorned with Food for People's lovely logo popping up at various grocery stores, businesses and other organizations in communities throughout the county. These donation sites have generously agreed to host food collection efforts for the holidays, and are listed by community on our red-and-white holiday donation bags. These holiday bags are printed each year, and inserted into the Times Standard to be distributed the week leading up to Thanksgiving, making it easy for people to donate wherever they can. We strive to ensure that dona-

Continued on page 2

Donate for the “Invisible Poor”

Since the Great Recession of 2007, Food for People has been answering the call to serve more of our community members than ever before. Despite reports of the Recession's “end,” Food for People has not seen a decrease in the need for food assistance from children, seniors and people whose income still does not enable them to make ends meet. Working families and single adults, and seniors on fixed incomes are fighting an uphill battle against rising costs of housing, transportation, medical care, child-

care costs and food, while their incomes reflect decades of wage stagnation and decline.

In addition to food, we also connect our community members to CalFresh (formerly Food Stamps), a nutrition assistance program with eligibility guidelines based on incomes that fall near the Federal Poverty Level (FPL). Most state and federal “safety nets” are intended to serve Americans with incomes near or below the FPL and are proven to be an effective tool to fight poverty. Rising costs of living and stagnant wages are placing more and more people in a situation known as the “Invisible Poor”; households with incomes too high to qualify for FPL-based safety net programs who are still struggling to make ends meet and only have resources of community organizations like Food for People to help bridge the gap between

Continued on page 3



Congressman Jared Huffman shares his #Hunger Hurts photo as a part of Hunger Action Month.

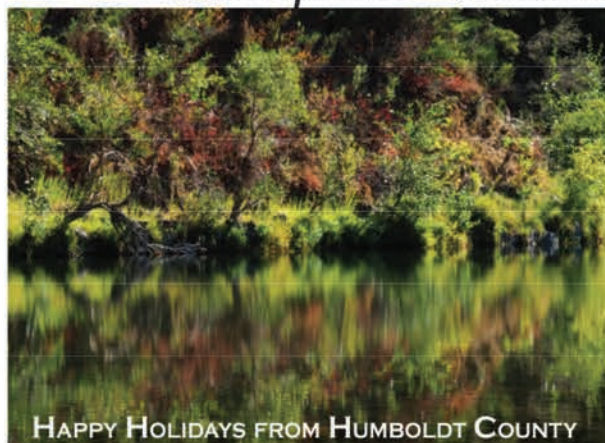
The Gift of Your Time

Food for People has 14 different food and nutritional assistance programs that serve approximately 12,000 people in Humboldt County every month.

Each program relies on the generous work of volunteers to run smoothly. Every volunteer is trained and learns about our values, purpose, and goals. We have many different kinds of volunteer positions. You can deliver meals, become a food pantry shopper's helper, help sort and stock produce and nonperishable foods in the warehouse, or fold mailings. The list goes on! 🍎

For more information, contact Volunteer Coordinator Leah Tanguay at ltanguay@foodforpeople.org or (707) 445-3166 ext. 310.

For the person who has everything



The gift that gives back. For every donation of \$30, we'll send a holiday card featuring this Humboldt County scene, taken by local photographer Ginny Dexter, to a friend or loved one you designate.



Volunteer Damien helps stock nonperishable food items in our Chouce Pantry.

Share the Holiday Spirit Continued from page 1

tions made in a particular community stay in that community to help local residents.

People looking for a fun way to get involved this season are encouraged to form a Hunger Fighter team. The **Hunger Fighter Challenge** is a friendly competition to see which team can collect the most food and raise the most money from the beginning of November through the end of December. Another fun part of our holiday efforts is the highly anticipated, week-long, on-air food and fund drive we host in partnership with **KHUM** the week after Thanksgiving. Each day we broadcast live from different grocery stores throughout the county, and the KHUM DJs invite various Food for People staff members to speak on air about their programs and the work of the organization.

We cannot serve the people we do – more than 12,000 a month – without thousands of generous people in our community coming together to give what they can. **Every can of food, every dollar, and every hour you donate makes a difference in a person's life. Every donation, no matter how small, has an impact.**



We encourage everyone to participate in our food and fund drive efforts this holiday season, to help make the holidays a little easier on families who are struggling to put food on the table, and to ensure our friends and neighbors have enough to eat now and on into the winter months. **We believe that everyone benefits when no one is hungry.** Thank you for sharing the spirit of the holidays! 🍎

To get involved this holiday season, contact our Local Food Resources Coordinator, Laura Hughes, at lhughes@foodforpeople.org or (707) 445-3166 ext. 312.

The "Invisible Poor"

Continued from page 1

paychecks.

We cannot meet the unprecedented need in our community without your support, but it is not enough as long as the current state of our economy remains. There is a saying amongst our nation's food bankers, "We aren't going to food bank our way out of this."

For far too many, the emergency food pantry has become part of the family budget. For this reason, we look to our policy makers in Sacramento and Washington D.C. to reverse the growth of the invisible poor and to look to reforms that can widen the pathways out of poverty. Through our advocacy efforts, Food for People works to protect

safety net programs and encourage their expansion until broader, more comprehensive reforms can restore balance between wages and basic costs of living. In addition to support through donations of food and funds, we encourage our community to join us in seeking a more equitable society in which a broken down car or a costly illness does not initiate an avalanche of bills that some households may never get out from under. 🐾

For more information visit the Hunger Education page of our website, www.foodforpeople.org or contact Heidi McHugh at (707) 445-3166 ext. 308 or hmchugh@foodforpeople.org.

Serving our Seniors

For many seniors in our community, retiring from a lifetime of work doesn't necessarily translate into long, leisurely, worry-free days. Retirement can instead mean figuring out how to live on a very limited, fixed income that may not cover all the bills. It becomes even more challenging when you toss in a chronic illness or other health needs that require medications and ongoing medical treatment. Can you imagine having to choose between paying the utility bill or buying your heart medication? Or deciding whether to buy food or put gas in the car to get to your doctor's appointment?

Food for People's senior programs help by making sure our elders have the nutritious food they need to maintain their health and their independence. Alice, who is 98 years old and still going strong, recently came into our Choice Pantry with her reusable grocery bags, ready to "shop" for the items she needed to help her make it through the month. Ben, a Korean War veteran, quietly said "thank you" to our volunteer receptionist as he left with his bag of groceries. Both were referred to Food for People by friends or caregivers who knew we could help.

But there are also seniors out there like Maggie whose concerned neighbors intervene on their behalf. Maggie was sitting on a bench watching one of our senior food distributions when a neighbor in her senior housing complex told Nick, our Community Foods Program Coordinator, that Maggie really needed some food. But when asked if she would like to sign up for our Senior Brown Bag program, she politely declined. Over the course of the next several months, Nick would take the time to sit and talk with her, a little about food and a little about life, and would give her a few potatoes and apples that she put on the seat of her walker to take home. Maggie gradually became more comfortable with Nick over time and finally agreed to sign up. Each month she now receives a bag of canned food items and meat and chooses a few vegetables and a loaf of bread. For seniors who find themselves with no family support, it can be hard to get much needed assistance. And it can be even harder to ask. 🐾

For more information, contact Community Food Programs Coordinator Nick Gauger at ngauger@foodforpeople.org or (707) 445-3166 ext. 303. Or visit our website at www.foodforpeople.org.

The Gift of a Holiday Meal

Food for People is in need of turkeys! Christmas is just around the corner and while we do have some roasting chickens and small hams to offer our clients for a holiday meal, we have only a handful of turkeys available. If you are able to donate a frozen turkey of any size it would be greatly appreciated! The food bank is open daily from 9:00-4:30.



Steven Plourde donates a frozen turkey to Food for People for the Holidays!

Look for our pre-addressed donation envelope in this issue!

"Children are our future. Teach them well and let them lead the way."
- Whitney Houston

It really does take a village to raise a child. When it comes to children with food insecurities, this notion becomes abundantly clear. It's a sad reality that there are children in Humboldt County who depend solely on school meals to supply their daily food intake. Each of Food for People's three Child Nutrition Programs are designed to feed children during the times when they are out of school and may not be getting enough to eat to carry them through. Each year, as summer winds down and our Free Children's Summer Lunch Program comes to a close, we begin prepping for our After School Snack Program and the Backpacks for Kids Program.

The After School Snack Program works with academic, recreation and community after-school programs in low-income neighborhoods to serve healthy snacks to students. We are currently serving approximately 300 snacks daily at 11 sites around Humboldt County. This program is designed to bridge the gap between lunch and dinner for local children.

Food for People's Backpacks for Kids Program supplies a weekend food bag with enough food for two breakfasts, two lunches, and two dinners; plus snacks in order to provide children at risk of hunger the nutrition they need over the weekend. The outcome has been noticeably beneficial. Schools reported less illness and better attention in the classroom.



Feeding a child nutritious and kid-friendly meals throughout the year can be costly. This program relies only on grant funding, service club fundraising, and caring community member donations. Humboldt County residents have proven that they won't sit back and let the next generation go hungry. Last year the Backpacks for Kids Program was able to feed over 460 children at 22 school sites around Humboldt County!

Children are our future and it is vital they get the nutrition they need to learn and grow. ~

If you have any questions regarding these programs please contact Carrie Smith at (707) 445-3166 extension 309, or csmith@foodforpeople.org.



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Everyone doing their part and donating a comfortable monthly amount turns into something powerful. Money we can depend upon allows us to make long-term plans while building strong foundations for our programs. Your donations will make a direct impact locally. Thank you to all our Full Plate Partners; your commitment is making a difference and is allowing us to help where we are needed most.

It's easy to become a Full Plate Partner. Go to www.foodforpeople.org, click DONATE and choose your donation frequency. To receive envelopes to send in funds monthly or to set up a monthly credit card charge by phone contact Carly Robbins, Fund Development Director, at 707-445-3166 ext. 306 or crobbs@foodforpeople.org. ~